# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO. 1 JANUARY 15, 2009 SAN QUENTIN, CALIFORNIA 94964 POPULATION:5,429


# San Quentin's New Warden (A)

R.K. Wong, Warden (A)

**By SQ NEWS STAFF**

A new acting (A) warden officially took the helm of San Quentin on Dec. 31, 2008. R. K. Wong, Warden (A) spent the previous two weeks walking around SQ with former Warden Robert Ayers, Jr., getting a feel for his new assignment. Wong last worked at San Quentin in March of 2006, serving briefly as interim warden.

Three months later, Wong went on to another facility. He has served as acting warden at Lancaster, and most recently as the chief deputy warden at Solano State Prison.

The new warden (A) is impressed with the depth and scope of the programs that are available at SQ, and plans to continue the vision of former Warden Ayers.

Wong, who began his career at San Quentin in 1983, is continuing to become familiar with the prison staff and prisoner population. "It's good to be back," Wong stated.

T.R.U.S.T. Graduation Class of 2008 with volunteers and sponsors

# 24 Prisoners Celebrate Responsibility Graduation

**By DAVID MARSH**

There were plenty of smiles and words of encouragement for the 24 men who, one by one, made their way down the aisle to the podium where each received a handshake, a single red rose, a T.R.U.S.T. bracelet, and a certificate of graduation. But for the men, the walk to the stage through the packed audience at the Garden Chapel meant so much more than the material presentations awaiting them upon the stage.

For this was a ceremony to note the achievement of a personal milestone, or perhaps to mark the first step on the road to a potentially life-changing personal transformation. These men had completed the rigorous and comprehensive 22 week program of workshops, classes and symposiums that are the heart of the leadership program sponsored by the San Quentin T.R.U.S.T. (Teaching Responsibility Utilizing Sociological Training) for the Development of Incarcerated Men.

The S.Q. T.R.U.S.T. is the behind-the-walls affiliate of a national organization, The National T.R.U.S.T., whose goal it is to work with men to purge negative thought processes and re-awaken them to their history, culture and values. And in the process, to develop within them a sense of responsibility, respect, unity, pride and integrity. It is hoped that upon completion of the training program, the men will be able to utilize the tools that they have learned to assimilate back into society successfully, capable of making positive changes in themselves and their communities.

The graduation ceremony featured a number of speakers and an audience which included program sponsors, outside community affiliates, T.R.U.S.T. board members and a number of previous graduates.

*See* **T.R.U.S.T.** *Page 2*

# The Impact of Proposition 9

**By NOOR DAWOOD, Prison Law Office, UNCOMMON LAW, ROSEN BIEN & GALVAN LLP**

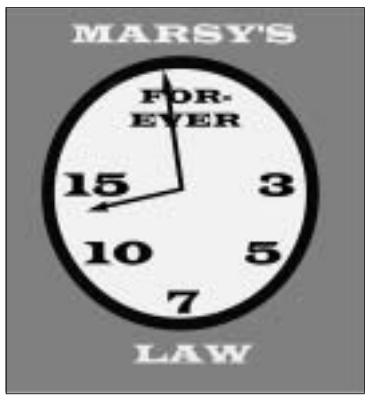
California state prisons are currently at 195 percent capacity, annually imposing a $10 billion drain on the state's overburdened budget. Proposition 9's limitation on early release could obstruct California's future attempts to address prison overcrowding. California currently does not release state prisoners early. However, early release for non-violent offenders has been seriously considered by state legislators as a means to ease the strain on the bulging system. This proposition eliminates that option. The measure further obligates legislators to provide funding for prisoners to serve out their full prison or jail terms.

Overcrowding results in unconstitutional prison conditions. This could plausibly be used by legislators as justification for expanding prison construction, rather than pursuing exceedingly less costly alternatives to incarceration for non-violent prisoners. Additionally, some California counties release jail prisoners early, primarily in response to federally imposed inmate population caps. It is unclear how jail operations would be altered to accommodate this clause while maintaining compliance with federal orders. (For more details, see the Legislative Analyst's Office online analysis of Proposition 9 at: *http:/www.lao.ca.gov/bllot/2008/9_11_2008.aspx*.)

**Frequency of Hearings**

For the past 20 years, the annual parole rate for "lifer" prisoners has been less than 1 percent. Proposition 9 extends the default time lapse between parole consideration hearings from one to 15 years, further reducing prisoners' narrow chances at parole. *This law applies to all term-to-life prisoners.*

Moreover, under current circumstances, it is implausible that the board would opt to decrease the lapse between hearings well below the15-year default instituted by the measure. Currently, the board may only *lengthen* a standard one-year parole denial if it finds that it is unreasonable to




expect that parole will be granted the following year. Proposition 9 sets a much tougher standard to *shorten* the standard 15-year denial time; the denial length may only be curtailed if "clear and convincing evidence" demonstrates that the prisoner does not require the total length of additional incarceration to maintain the safety of the public and victims.

*See* **Proposition 9** *Page 2*

# Hep-C Protocol Hits Snag

**By MICHAEL R. HARRIS & KAMAL SEFELDEEN**

Hepatitis C is flooding California prisons, threatening to overwhelm the state's inmate medical system.

The serious medical disease is increasing by 300 cases per year in prisons, "indicating an endemic," says Dr. Tootell, San Quentin's chief medical officer.

Hepatitis C rates are 60 percent among Reception Centers inmates and 40 percent among General Population inmates, according to a study by California Medical Facility (CMF).

Federal Receiver J. Clark Kelso's plan to bring the state's prison health care system into constitutional compliance includes a detailed protocol for Hep-C treatment. The plan was presented to federal Judge Thelton E. Henderson, who appointed Kelso.

The new protocol provides for a team approach, called Team Model Hep-C. When the disease is detected upon the arrival of a prisoner, a registered nurse and lab technician identify the infected person. The Hep-C Clinic coordinator assigns the inmate to a primary care physician or a Hep-C treating clinician. Advanced cases are referred to a hepatologist and radiologist for cancer evaluation. A transplant specialist will assess the liver condition for potential placement

Dr. E. Tootell, Chief Medical Officer

on a transplant list.

Kelso's Hep-C protocol has not been implemented. No Hep-C coordinator exists in any of the 33 California prisons.

Treatment with Ribviran and Pegylated Interferon, the primary treatment, remains expensive with many side effects

"I can't apply this treatment on a large-scale with a clear conscience. It would be unethical to do so. The harmful effect is way higher than the benefits," says Dr. Tootell. She said that the severity of the side effect did not preclude staff physicians from prescribing the treatment to selective inmate patients.

California Health and Safety Code Section 103885 (Ken Maddy Cancer Registry) requires reporting of treatment for cancer patients. Liver cirrhosis can develop into liver cancer.

"If a patient doesn't know he has developed liver cancer, there is no need to refer him to treatment management, and he will not be referred to treatment management until there is proof of cancer," said Russell "Rusty" Trunzo, 52, a recently released prisoner. "I received treatment, but it was too late. I waited for years to get a liver biopsy, and when it finally happens, I found out I have stage-three cirrhosis."

*See* **Hepatitis C** *Page 2*

# T.R.U.S.T

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T.R.U.S.T. board member Paul Jordan opened the Dec. 2 ceremony, and served as the master of ceremonies. Jordan praised the many people who have worked together in support of the group. "We are really blessed to have the full support from these gifted people. Doctors, lawyers and professors, they each come in to SQ to lend their support to the vision of men helping one another," he said. And with that, he introduced the program's first speaker.

The executive director of The National TRUST, Dr. Garry Mendez, took the stage to congratulate the recent graduates and commend the work that each has done in an effort to prepare themselves for the work ahead, and to encourage each man present to respect himself and those around him. "I have a vision that I will be helping you see more about yourself," said Mendez. "You are a person who must accept who you are. TRUSTFELLOWS is a leadership program, and not a prison program," Mendez said in stressing to the graduates that the program's values will work for them both inside and outside the walls of the prison.

Many of the graduates shared a unique affinity for the next speaker to make his way to the podium. For Rahman Willie Green, former T.R.U.S.T. chairman and a long-time Lifer resident of SQ's North Block had been there at the beginning for many of these men. Green was the mentor that so many of them had looked to for leadership following their induction into the T.R.U.S.T. Green had been released earlier in the

Dr. Garry Mendez
National T.R.U.ST. Founder

year after serving more than 25 years in prison, when a Los Angeles judge threw out his conviction after ruling that the main witness against him had lied. So when Green spoke to the men of hope and a belief in themselves, his message resonated well.

"I never gave up on myself," said Green, and I will not give up on you, either." Green shared with the men of just how the tools that he, himself, had learned inside the walls and taken out to the streets had contributed to his ability to enrich and enjoy his new life. A life that includes his work with parolees as he assists them into reintegrating back into society. "There is not a day that I do not think about you," a smiling Green told the men. "I am having fun out there, learning and growing each day. I pray that every one of you will join me out here with your families."

Following someone like Green with his special bond with the graduating men could not have been easy, but class valedictorian Michael "Yoshi" Nelson next shared briefly with the audience his own perspective on what the training had meant for him. "Taking the time to listen and get to know one another is important," said Nelson. "We can all use the tools that have been offered in T.R.U.S.T.

The graduates then received their certificates from Dr. Amy Smith, a psychologist, sponsor and supporter for the T.R.U.S.T., who thanked the group for allowing her to be a part of the learning process. "…this class is very special because I have learned more about life and the world through each of you here. As you have turned a liability into an asset. It is an honor to be here with you," Smith said in her remarks to the audience.

The chief sponsor for the group, Lt. Sam Robinson, delivered the closing comments to the graduating class and the audience. Robinson praised "…the transformative effects of the values that you have learned and acquired. It is a good heart and a good head that will lead you forward in life."

In addition to the numerous workshops, lectures and symposiums that the T.R.U.S.T. offers, both members and non-members alike can appreciate and enjoy the Yoga classes offered and the Health Fair held each year at SQ. In addition, the group sponsors Anger Management workshops, a class on Mental Health, Cultural Concerts, and the Richmond Project-Violence Prevention; which brings community members and leaders to meet with prisoners in an attempt to resolve issues of violence in the community. The men of the Richmond Project group are also working to create a curriculum for re-entry.

Since the T.R.U.S.T. became an organization in SQ in 2003, they have graduated 84 men through the program. The group meets in the Inter-Faith Chapel Thursday afternoons from 2:30-5:00. It is open to all men with one over-riding qualification; a desire for change in their lives. The T.R.U.S.T. is now a part of the STAND-UP program utilized in H-Unit. Sign-ups for the program will soon be posted in each of the H-Unit dorms and North Block late February.

***Contributing writers***
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# Hep -C-

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"Unlike HIV, Hep-C is a disease that doesn't have the political and the public support to educate people and make them aware that Hep.C infection is much higher and rapidly spreading in the U.S," says Dr. Tootell.

She said the four northern California centers equipped for liver transplants are: UC Davis, with over 850 in waiting list (currently closed for intake due to lack of funds), UCSF Medical Center, California Pacific Medical Center, with 450 on waiting list, and Stanford Medical Center, with nearly 440 on a waiting list.

"One donated liver can accommodate the need of two recipients," says a infectious disease specialist.

The medical centers under contract with CDCR claim that their refusal of intake to inmates transplant cases is due to inconsistency of CDCR follow-ups.

"Stanford would not take inmate patients because they are not sure CDCR would dispense anti-rejection injections and prescribed medication accordingly," says a treating physician at CDCR.

"There are many surgical procedures we can do to manage liver cirrhosis, but we just don't perform liver transplant for prisoners," says Dr. Scott Biggins, a hepatologist at UCSF Medical Center.

Tootell said it's discriminatory for UCSF to prevent a life from being saved just because it belongs to a prisoner. She said the state has performed poorly in contracting with medical centers, which need CDCR money to bail them financially.

"Once these contracted centers and hospitals are out of financial problems, they no longer need the CDCR money and their service is selectively applied," says Tootell.

Dr. Tootell said the delay in implementing Kelso's Hep-C protocol is not due to a money shortage, but the problem with getting the right people in place to make it happen. She said the plan should be in place within six months.

# Proposition 9

***Continued from Page 1***

With a current backlog of overdue parole consideration hearings already at nearly 1,500 cases, as well as growing pressure from prosecutors and victims' rights groups to increase the period between hearings, there is little likelihood that commissioners will significantly cut back denials below 15 years. For many lifer prisoners, a 15-year parole denial could mean they will die of old age in prison.

The further severing of prisoners' ties to the community makes both prisons and communities less safe – not more. Further, most lifer prisoners are over the age of 40 at the time of their first parole board hearing. By significantly extending prisoners' time in prison, this amendment will dramatically increase the housing and medical costs necessary to support this aging population.

**Victims' Role in Hearings**

Proposition 9 significantly expands victims' role in parole hearings. These amendments are the opposite of parole consideration hearings' stated purpose: to determine whether a prisoner poses a risk to society. Victims and their families are deeply impacted by these crimes – an impact that remains decades later – but rarely do they possess evidence relating to the prisoner's current threat (which the California Supreme Court recently made clear is the only relevant issue in a parole hearing). This measure is intended to play on the board's sympathy for victims and their families, which may distract from the board's obligation to make an objective and sound judgment regarding the prisoner's suitability for release. Proposition 9's expanded definition for the victim "representative" could dramatically alter parole proceedings.

Prior to Proposition 9's enactment, a representative had to be a member of the victim's family or household and he or she was only permitted to attend or testify at hearings if the victim and next of kin were unable to attend. Proposition 9's elimination of these requirements opens the door for *any* individual to attend and testify against the prisoner in parole consideration hearing. For example, prosecutors could be hired to speak against the prisoner, and victims' rights groups could even send "professional victims" to testify at all parole consideration hearings. The initiative further states that prisoners and prisoners' attorneys are prohibited from asking questions of victims or victims' affiliates at parole hearings, and no one may interrupt a victim's (or victim affiliate's) testimony.

Under current procedure, victim testimony occurs at the end of each hearing, and no further comment is permitted by the prisoner or prisoner's attorney following that testimony. As a result, the only opportunity to question the validity of the victim's testimony is to interrupt and draw the board's attention to unsupported claims or deviation from the permitted scope. Under Proposition 9, unproven allegations by victims will be accepted by the board without providing prisoners with an opportunity to address those allegations. Proposition 9 additionally requires the board to consider the "views and interests" of the victim before scheduling a subsequent parole consideration hearing. This could be interpreted to delay a hearing beyond the statutory due date if it is inconvenient for the victim to attend.

**Prisoners' Rights**

The initiative includes a vague provision limiting prisoners' rights to those designated in the U.S. constitution and California statutes. The provision could potentially negate various rights now afforded to prisoners, such as visitation, higher education and recreational programming. Additionally, the change could interfere with some court-ordered consent decrees requiring the Department of Corrections and Rehabilitation to provide prisoners with rights beyond those mandated by state and federal law. Under the strain of severe overcrowding, legislators could use this provision to cut "extraneous" costs in order to redirect funding towards prison expansion. The likelihood of this prospect is heightened by Proposition 9's requirement that legislators fund prisoners' full terms.

**Parole Revocation Hearings**

*A court injunction has placed this portion on hold*. Proposition 9 includes several provisions to curtail parolees' due process rights in parole revocation proceedings. These changes directly challenge the stipulated permanent injunction in *Valdivia v. Davis*, a 2004 federal court order establishing those rights.

# L.A. District Attorney Opposes Prop. 9

**By SQ NEWS STAFF**

Los Angeles County District Attorney Steve Cooley expects little immediate change following voter approval of Proposition 9. or Marsy's Law.

Cooley, who has opposed the law, feels Proposition 9 will be successfully challenged in the courts and is flawed in several areas.

"We are still analyzing it," Cooley said, "Our initial take is Proposition 9 is unconstitutional, especially if it's applied retroactively."

Wording in Proposition 9 allows victims the right to confer with prosecutors on what charges the accused will face. Cooley adamantly opposes what he views as interference from persons outside his office.

"It will not happen," said Cooley. "They will have to sue me. Just because you have the status of a victim doesn't make you an expert."

He points out that victims have not taken the oath that is required of attorneys and that victims are generally untrained in the law.

# Restorative Justice

**By MONTA K. TINDAL & KEVIN PENN**

It was murder, kidnap or rape that brought them to this point in their lives. Some call them victims and some call them survivors. The word victim seems so callous but as an offender I gave that word its life. These survivors came to attend a Restorative Justice ("RJ") Symposium.

The issues were Responsibility, Rehabilitation, and Restoration. Fifty people from around the globe came, and some were victims/survivors, others came to help resolve the problems or our world.

They told haunted stories of being kidnapped, raped, and even the loss of innocence of a 9-year-old child. I came to RJ to listen to the pain poured out in words; the words expressed and touched the very core of my being. Even through all their pain, some were able to overcome their hurt and make profound statements of forgiveness, and healing.

One survivor stated, "Even through all my pain some were able to over-come their hurt and make profound statements of forgiveness, and healing. Another survivor stated, "Even through all my pain, when I first came in today, the only thing I saw, was loving faces."

Leonard Rubio welcomed everyone at 9:30. A prayer, written by a condemned prisoner, was read by Robert "Red" Frye. The sister of Angela Davis, Fania Davis was our first guest speaker. Davis marched with Dr. King, and played a vital role in the adoption of the Civil Rights Act of 1964. As a lawyer, Ph.D., Freedom Fighter, motivational speaker; a supporter of RJ.

Kevin Penn asked Davis, "Why is Restorative Justice needed?"

"We need to substantiate our spirit," answered Davis, "It's headed in the wrong direction. Restorative Justice helps turn everything around. Peace isn't always easy."

"How has Restorative Justice impacted your life?" he asked next.

"In 1996, I left law practice, and turned towards spiritual healing, anger was a motivation;" answered Davis, "I was ready to bring down the system. Restorative Justice in Africa gave balance back into my life, which changed my perspective of 'Screw the white mentality,' to a more subtle guest of, will this bring more conflict or bring more peace. Restorative Justice just grounded me."

At 11:30 there were breakout groups, which consisted of survivors and offenders; they were asked to analyze two questions: What is the impact of violence on victims, survivors, community, and offenders family? How does RJ apply to you? After these break outs, we went into other stories from victims/survivors. A victim by her own son's actions of murder, Pat Cleveland told of trips she had to endure in order to sustain her family life.

In an interview with Parole Agent "Sharon," of Victim Services, Kevin Penn asked why RJ was needed from a correctional officer's point of view. She stated, "I believe that the power of healing that Restorative Justice brings amazes me, how people sharing their loss helps them. You know, Restorative Justice is not believed to be accountability, but it is the true essence of accountability. There are men who need to be in prison. It angers me that there isn't more assistance in enlighting the public and the incarcerated on responsibility."

Kevin Pen then asked, "How has Restorative Justice impacted your life?"

"I was familiar with the concept," she answered, "and practiced Restorative Justice through my commitment with Victim Services. Restorative Justice awakened me to 'live it and be it.'"

Jill Weston of CDCR's Victim Services stated, "As a 25-year CDCR employee, it's encouraging to see victims/survivors program offenders put together. These necessary program are rarely seen, and are a critical part of the 'R' in rehabilitation, especially for offenders who will return to our communities. Restorative Justice creates accountability and an opportunity for offenders to do no further harm."

Right before the end of our day, we were all mesmerized by Ms. Arlindo Love, who performed a dance. Ms. Love, being a past offender as well as losing a son to gun violence, is a firm believer in the power of RJ. "It helps heal the soul and makes the world a better place," she said, "Restorative Justice means healing for all."

There was so much pain expressed through testimony, that I myself felt the pain that I caused my family. Each day I live with the responsibility of what I've caused. Thereby, I acknowledge that rehabilitation is yet to come in my life. It was sad that the youth in H-Unit weren't allowed the opportunity of rehabilitation in this program and others like them. Those are the very ones who will be back in our communities lost: someone dropped the ball.

It makes one wonder who wants to take the "R" out of CDCR and what's their real motivation. I'm proud to be a part of the RJ's table, envisioning ways to give Restorative Justice, one step at a time.

# Administrative Segregation: One Giant Leap Backward

**By JEFF BROOKS**

Without exception, mainline prisoners find brief stays in San Quentin's South Block Administrative Segregation Unit, "The Hole," are deplorable.

With a large population of North Block prisoners doing life sentences, on occasion a prisoner may find himself in trouble and sent to Carson Section, where The Hole is located, until staff resolves the situation that got him there.

The resounding word that is echoed by prisoners who return from The Hole is how inexcusable the conditions are. Terry Burton, 49, is a prisoner serving 30 years-to-life under California Three Strikes law and incarcerated since 1998. He recently found himself sitting in The Hole for 30 days after being involved in mutual combat. Upon his release, Burton said, "When I was put into the cell it was despicable. There was no ventilation, there was dirt, hairballs, and the bars were all sticky. The mattress was completely ripped up and shredded, the lights didn't work properly and I never could get them to fix them. I couldn't even begin to think that staff thought this cell was livable."

Burton described his arrival in The Hole as complete depravation and said he found it very deflating and depressing. "It felt like being arrested again, like being knocked down," he said, "My self-worth and self-esteem seemed to go down; it was a very oppressive place."

Burton was ultimately found not guilty of any rule violations and returned to North Block to resume his normal program.

Alfred "Skip" Fernandes, 55, incarcerated since 1982 on a 16-to-life second degree murder conviction, recently spent 30 days in The Hole. Fernandez said, "The whole time that I was in The Hole I only got one sheet exchanged. Half the time we were supposed to get showers, they got canceled due to a shortage of staff and only one time was a book exchange done. I think it's degrading the way we are being denied the most basic of rights."

The administration cleared him of any wrongdoing and sent him back to North Block.

McKinley "Mac" Dupree, 66, a three-striker serving 40 years-to-life, spent seven months in The Hole. He said, "The cell was very dirty; the whole time I was there I couldn't get any cleaning supplies. I didn't get a spoon for two days and I was never given a cup to drink with. I only got toothpowder and a replacement toothbrush two times in the seven months that I was in there. There never was a librarian or a CO that did book exchange, which forced prisoners to 'fish' outside the bottom of their cell doors just so we could read a book. I was wanting to speak to a chaplain, but not once did one ever come by."

Sgt. D. Kilmer, a correctional officer since 1988, is the third watch sergeant in charge of The Hole in Carson Section since January 2008. Kilmer said, "The Enhanced Out Patient (EOP) prisoners need constant care, and it is a constant challenge. San Quentin would be better served if they were at an institution designed specifically to deal with their problems if they were in a hospital it would serve them better."

When asked about prisoners not receiving supplies and services, Kilmer said that supplies and services are provided to the inmate, if any inmate needs something, all he has to do is ask the tier officer. Kilmer said, "Prior to placing an inmate in a cell the tier officer signs off on the cell file that the lights, toilet, sink, and mattress are all in good order, and the cell is contraband free." Asked about prisoners complaints about lights not working in the cells, Kilmer said, "The maintenance repair on lights could be better."

Eugene Pena, 52, a lifer has been incarcerated since 1991. He spent 31 days in The Hole.

Pena said, "I couldn't get anything from the tier officer, I asked and asked but they ignored me. I couldn't get a Title 15 (rules book), a writing pen, a spoon, cleaning supplies of any kind, a toothbrush, I mean, nothing."

Prisoners have told staff and other prisoners of the filthy conditions of the cells, and some incarcerated have returned to North Block with staph infections.

Burton suggested that a way to improve conditions in The Hole is by having "fish kits" issued that contain the legally bare necessities for prisoners in The Hole: toilet paper, soap, toothbrush, tooth powder, eating utensil, cup, writing pen, paper, five indigent envelopes, cleaning powder, two bed sheets, a blanket, a book, earplugs and, if needed, reading glasses.

Additionally, prisoners who have been to The Hole say that all cells need to be inspected to make sure the mattress is in good condition, not ripped open and they are clean and sanitary. The prisoners should not be placed in any cell when the lights, toilet or sink is not working properly.

While most lifer prisoners rarely find themselves in The Hole, prisoners who come back from there describe it as taking one giant leap backward in their programs.

One inmate said, "If you ever go there, you won't ever want to go back. It is nasty."

# *Released Inmates Face High Death Rates*

**By DAVID MARSH**

At a time when the percentage of American adults serving time behind bars has reached an all time high, a study published in the *New England Journal Of Medicine* found that recently released prisoners suffer a risk of dying during the first two weeks following release is 12.7 times greater than other persons.

The study found that the two-week reentry period was extremely critical for former prisoners, many of died from a variety of causes such as drug overdose, cardiovascular disease, homicide and suicide.

The lives of over 30,000 prisoners freshly released from the Washington State Department of Corrections were monitored for 1.9 years following their release from July 1999 through December 2003. The rate of mortality during the 1.9 month follow-up period was a risk of death 3.5 times that of other state residents.

The majority of those in the study were non-Hispanic whites (62 percent), despite the fact that non-whites generally make up a disproportionate number of prison populations. The authors also noted that the study pertained only to a prison system in a single state in the United States, Washington, and that a wide variety of socio-economic and demographic factors could drastically affect the results of the study.

The study pointed to the stressful rigors faced by former prisoners during the reentry period as they are forced to locate housing and employment and access to health care, while also attempting to reintegrate into their families and communities.

The leading cause of death among prisoners in the study group during the 1.9-year follow-up period was 103 deaths due to drug overdose, caused primarily by cocaine use. Other leading causes of overdose deaths in the group were methamphetamine (19), heroin (18) and methadone (18).

The second leading cause of death (56) was due to cardiovascular related issues, followed by homicides with 54 deaths.

It was noted that efforts to reduce the high mortality rates of newly released prisoners should include interventions focused on transitional planning. Such planning would include work-release and drug-treatment programs, halfway houses and improving access to mental and medical health care for newly released former prisoners.

# Clinton T. Duffy, San Quentin Reformer

## (Part 3 of a 3-part series)

When Clinton Truman Duffy became warden in 1940, no one expected San Quentin to change. Because of the public's revulsion at the prison's sadism and corruption, San Quentin seemed to need a lion tamer or bomb disposal expert. Instead, it got a meek, mild-mannered little man who wore gold-rimmed glasses and a rosebud in his lapel.

Appointed temporarily for 30 days while the governor searched for a more impressive crusader, the new acting warden turned out to be a piece of the sun, radiating an energy and force unlike anything ever seen in the history of American penology.

During the 11 years that followed, Duffy, growing in an idealism obsessed with exposing rot and corruption, never abandoned his belief that San Quentin could rehabilitate as well as punish.

"Never confuse fairness with softness," he told his officers, "as we assign men in trades or to school." He then established broad programs of academic and vocational training.

He was the first warden in the nation to allow convicts to listen to radios in their cells. He organized extensive recreational programs for both athletes and non-athletes, believing strongly that physical fitness led to psychological health and well-being. He inaugurated a prison newspaper to which he contributed a regular column, "Facts Not Rumors," He established the first chapter of Alcoholics Anonymous and allowed prisoners to pursue handicrafts such as belts and wallets.

He wrote the first "scientific" classification system and advanced changes in parole policies. During World War II, he supervised an unequaled prison contribution to the military efforts. Bands, music, religious clubs and activities, as well as a radio station with inmate DJs and commentators became an integral part of prison life.

As warden, Duffy watched 150 die in the gas chamber, never hesitating to explain his opposition to the death penalty. He maintained that only the poor were executed and that the death sentence did not deter crime.

"We want an eye for an eye and that's wrong," he once said. "It is wrong for these people to kill and it's wrong for the state to kill." Even after he retired, he continued fighting for the men on death row.

Clinton's wife, Gladys, was known as "Mother Duffy" to thousands of inmates who had nothing but the highest respect and admiration for her. In her

Clinton Duffy: Warden 1940-1951

memoirs, *Warden's Wife* which was published in 1959, she describes how "the men" got to know her. After the Japanese bombing of Pearl Harbor on Dec. 7, 1941, the prisoners nearly panicked in the unexplained blackout that evening. Gladys took the microphone of the "Gray Network," the San Quentin radio system, and explained that all the lights in the greater Bay Area had been turned off to thwart a possible Japanese aerial attack. The inmates also came to know her through her visits to the movies, unprecedented for a warden's wife, and to the chapel.

In early January 1952, Duffy turned San Quentin over to his first assistant, Harley Oliver Teets, and became a member of the state's parole fixing adult authority. As he walked the upper yard for the last time as warden, a rheumy lifer clutched his hand and said, "I speak for my fellow prisoners. God bless you, Mr. Duffy. You'll never know what you did for us."

After Gladys' death in 1969, Clinton Duffy lived another 13 years working tirelessly to improve his staff, the guard line, and the Department of Corrections. He had served more than 32 years.

In 1972, he was honored by President Richard M. Nixon for his public service and humanitarianism. The commendation read in part, "In recognition of exceptional service to others in the finest American tradition."

Before his death on Oct. 13, 1982, at the age of 84, Duffy had authored four books on prison life and problems. The best known were *The San Quentin Story*, *88 Men* and *Two Women, and Sex and Crime*.

No one who knew him, worked with him or served a sentence under his watchful eye as warden disputed the unofficial title the media gave him, "Father of Modern Penology." But he was much more than this. If it's true that a great man rises out of the need of his time, then Clinton Duffy appeared on the scene when the need to fight corruption and brutality was most pressing. This powerful but kindly man addressed himself only to the deplorable conditions he found at San Quentin, the safety of his staff and the rehabilitation of his prisoners.

This simple three part series hardly honors a warden who should be measured not by his extraordinary accomplishments, but by his vision of the future for the incarcerated. That vision included an unfailing respect for almost all human beings who have in them the capacity to do well, to be good, if only given a chance.

***Researched and written by Don DeNevi.***

# 'Life' With Cancer

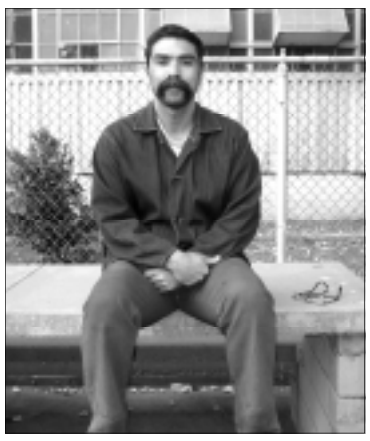
**By KENNETH R. BRYDON**
**Editor-in-Chief**

Homer McWilliams began his 15-to-life prison term at age 23; he has now turned 50. McWilliams murdered Jeff Stewart after he walked in on Stewart with his "Old Lady." Though Stewart's family remains bitter towards McWilliams, they're not opposing his parole.

During the 15 years at San Quentin he's earned a two-year college degree and is now working on his bachelor's degree through Ohio University. He's clean and sober and a graduate of the Victim Offender Education Group program. McWilliams married Myriam in 1994, and she remains in his life.

In the spring of 2007 McWilliams prepared for another hearing. On the day before he was called to medical and informed he had a cancerous tumor in his leg . A specialist advised McWilliams to have his leg amputated. The next day the Parole Board found him suitable. "Having a date at this time was bitter sweet," McWilliams said.

North Block physician Dr. Rand sought out a second opinion for McWilliams, who determined his leg could be saved. On Dec. 18, 2007, a golf ball sized tumor was



Homer McWilliams

removed and he started treatment. Then, the Governor again revoked his release date. "I felt irate," said McWilliams, "but I didn't let it stop me from my goal of being paroled. I took it in stride and concentrated on medical treatments."

Another tumor was later discovered in the area of McWilliams's pelvic bone. Another surgery and six weeks of radiation were completed in July 2008. A growth remains in McWilliams's groin area and he says, "You find yourself a little bit more, looking inside and asking questions, like what if I do lose my leg and what quality of life will I have?"

In December 2008, a third release date was given. "My future looks bright," he says, "Having cancer has made me look at things more humbly. Too many times you take things seriously when there's nothing."

During the period from January 2000 through June 2007, 924 Lifers have died in prison. In that same period only 140 Lifers have been paroled.

# Warden Johnson Curbed Abuses at Folsom, San Quentin

*(This is the first of a three-part series on California prisons reform.)*

**By RAPHAEL CALIX**

In the early years of the 20th century, riots, revolts, plots, escapes, killings and investigations had spread like an incurable disease within the bowels of Folsom and San Quentin prisons. The evil was a cancer and a cure was necessary.

The governor of California in 1912 was Hiram Johnson, and the order for change could only come from him. Folsom was bursting at its seams with violence. Therefore, the governor chose as warden a "new man," to implement the necessary changes. James A. Johnston was the man chosen. His previous experience was in fiscal matters.

"Prisoners were in an ugly mood. Punishments were plenty but apparently ineffective. Discipline was not improving. In fact it was getting worse," Johnston said in his 1937 book *Prison Life Is Different*.

San Quentin and Folsom both utilized corporal punishment freely. Johnston wrote, "Prisoners who broke the rules were severely punished. They were regarded as a hard bunch and treated rough. The dungeon was always full, and the 'back alley' was fitted up as a place of punishment."

Hooks meant a prisoner was

Prisoners in classrooms, some of the benefits of prison reform

shackled and fettered, then pulled up, his arms twisted behind him, his neck and shoulders wrenched, his head lowering to his chest and his feet straining to touch the floor. In Johnston's view, "Such punishments were barbarously brutal." It was time for "a new way" to run the California penal system.

As the new warden at Folsom, Johnston abolished corporal punishment. The experts said it could not be done. "I told the governor that I knew the head-and-heart handling of men, and that I thought I could make an impression on the prisoners without using a club," Johnston said.

"It is well to have prison reform and to do all that we can and ought for the unfortunate, the erring and the sinful. But it is more important to prevent the disgrace, the shame, and the suffering in the first place. just as the modern school of medicine devotes more and more time to destroying the germs which make disease instead of letting unhygienic conditions produce illness and then applying medicines, so must the philanthropist, the publicist, the official, the humanitarian, and the industrial captain act as social physicians and lay a hand to the work of ameliorating the conditions which in many cases are responsible for crime."

Johnston became the Folsom State Prison warden on June 01, 1912. Because the governor and prison directors liked his "new way" of running a prison, in November 1913 they asked him to take charge of San Quentin as well. He became warden for two of the most notorious prisons in America.

# Arts & Entertainment

## Poetry

### *I Know…..*

*I know who I am the black dot centered*
*in the light the silent peace wedged*
*deep between the struggle in the fight*
*I am the star in the sky of night*
*leading to freedom simply by shining bright I am the first atom made flesh*
*I bless you with my greatness and you*
*hate this the fact that I gave the world*
*language history explains this*
*I am the pharaoh who wrote the letter*
*to Rosetta on stone encrypting my code*
*of ethics on the homes of my people*
*whom were buried in pyramids wrapped*
*in the finest clothes our bodies draped*
*in shimmering emeralds, diamonds & gold*
*while your corpses lay rotting in the womb*
*of our mother earth and I know back then*
*that my people saw more with one third*
*of an eye than at present you do with the*
*whole of two must I remind you that*
*the heavens were our mansions and thee*
*obelisk were then what you would now call*
*trump towers that towered over all*
*great or small yes I built the walls*
*of Babel and the fortress of Babylon from*
*which the great wall of china tried to*
*duplicate but could not replicate*
*I gave them arts to martial limestone*
*and marble to sculpture I am your*
*culture most humans know*
*by the evidence of their lips nose and skin*
*that they are of African melanin*
*and who do you think gave Indians*
*their bow and arrows it was the Zulus*
*who for centuries had traveled to*
*and fro Cortez saw their gold*
*tips and monuments of me viewed*
*from his ships at sea I know who I am!*
*and I am the Niger river bathing eve*
*in the evening of here grieving*
*moments after her eating from the*
*tree of me I am the symbol of life and*
*I know who I am! and I simply am what I am!*
*I know! yes I know!*
*who I am!!!*

**Written by Black Myth the lyricist M.C.**

### *After a While…..*

*After a while you learn the subtle difference*
*Between holding a hand and chaining a soul*
*And you learn that love doesn't mean leaning*
*And company doesn't mean security*
*And you begin to learn that kisses aren't contracts*
*And presents aren't promises*
*And you begin to accept your defeats*
*With your head up and your eyes open*
*With the grace of a woman not the grief of a child.*

*And you learn to build all of your roads on today*
*Because tomorrow's ground is too uncertain for plans*
*And futures have a way of falling down in mid flight*
*After a while you learn*
*That even sunshine burns if you get too much*
*So you plant your own garden and decorate your own soul*
*Instead of waiting for someone to bring you flowers*
*And you learn that you can endure…*
*That you really are strong*
*And you really do have worth*
*And you learn and learn….*
*With every good-bye you learn*

**By Veronica Shoffstall**

## Snippets

The term "Basket Case" was originally coined by soldiers describing a soldier who had lost all four limb and as a result not able to move with out assistance.

Ice cream headache in medical terms is: speno pulatine ganglio neuralgia

Most fruits denote their ripeness by their color. However, cranberries are sorted for ripeness by bouncing them; good cranberries bounce and bad ones don't.

Emetophobia is the fear of vomiting or being close to anyone else vomiting. According to officials, emetophobia is the fifth most common phobia.

Human foreskins, which are removed in circumcisions, are sold to biomedical firms which use them to cultivate artificial skin. Approximately 250,000 square feet of new skin can be grown from the genetic material in a single foreskin.

Eat your heart out, was coined by Diogenes Laertius who gives the credit to Pythagoras who said "Do not eat your heart" 2500 years ago, meaning "don't waste your life worrying about some thing."

American cheese is an original product of England.

Los Angeles's entire name is El Pueblo de Nuestra Senora la Reina de las Angeles de Poriuncula.

Saddam Hussein, before his demise, snacked on American food, his favorites being Doritos and Raisin Bran.

### LAST MONTH'S SUDOKU SOLUTION

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# An Appreciation of Poetry

**By BLACK MYTH**

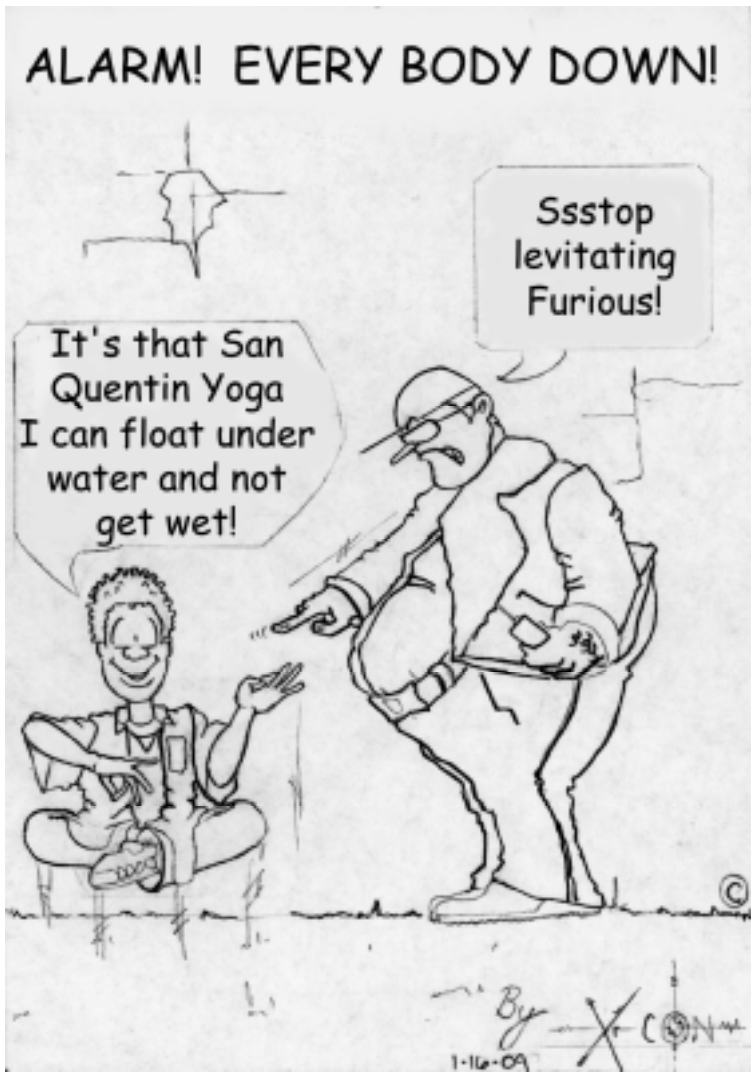
The San Quentin quarterly poetry reading sponsored and supported by Jennifer Scaife was canceled Dec. 31 due to heavy fog that crept in to the bay during the evening. Many inmates were saddened by this unfortunate turn of event. But once again, like the phoenix rising through adversity, Jennifer Scaife, the program director of the Prison University Project, made it happen.

On Jan. 12, the inmates at San Quentin continued their ritual of self-expression to an audience of over 50 comrades and a few outside guests who were blown away by the talent displayed that evening. I was floored by the cultural diversity and the range of subject matter uniquely expressed in each performers piece. The unity, respect and admiration held by everyone in attendance were astonishing. Even Dominique Brassey, a Patten College tutor, was compelled to perform.

The men of San Quentin would like to send out a special thanks to Jennifer Scaife. Whether performing poetry, rap of Shakespeare, you are always willing to see the men of S.Q. for the human beings that we are and not the way society may portray us.

## *Quote of the Month*

"Tough times never last
but tough people do."


ALARM! EVERY BODY DOWN!
Ssstop levitating Furious!
It's that San Quentin Yoga I can float under water and not get wet!
By X CONN
1-16-09

**By Furious Khan 32-ta-Life**

# SUDOKU PUZZLE

**By GEORGE LOWE**

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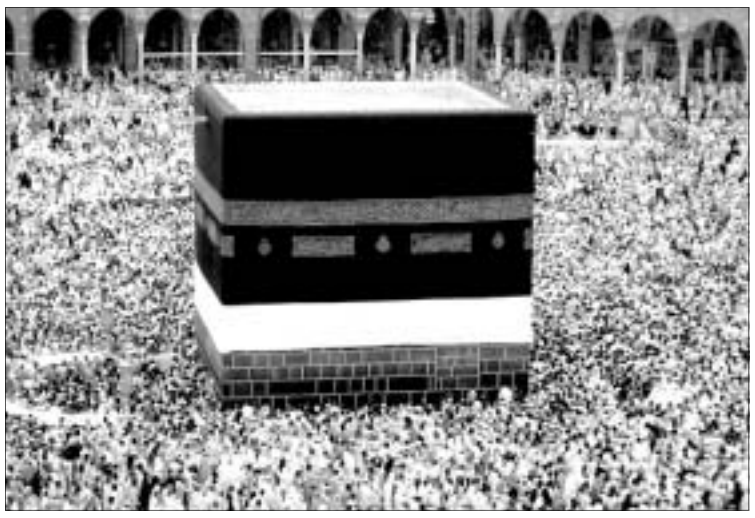
# RELIGION

## Over 2 Million Muslims Make Pilgrimage

**By ALY TAMBOURA**



Muslims celebrating the Hajj in Arabia

This past holiday season while many people in America were crowded into shopping malls buying Christmas gifts, millions of Muslims from around the planet were making their way to Saudi Arabia to perform the Hajj.

Hajj is the pilgrimage to Mecca, the 5th pillar of Islamic faith, which all able Muslims must make at least once in their lifetime. Muslims travel to the region Arabia which encompasses the cities of Mecca and Medina, in which Islam was first founded, considered some of the most sacred sites in the Islamic faith. The Hajj has ancient roots dating back to the time of the prophet Muhammad, who himself made a pilgrimage from the city of Mecca to Medina in 622 C.E.

During the Hajj, which fell in the first week of last month, Muslim men shed their modern clothing for seamless fabric and women wear their national and traditional dress. The removal of modern clothing during the Hajj symbolizes a pure and consecrated state. In a state of purity, more than 2 million Muslims traveled to the area known as Hijaz in the Western Arabian Peninsula to complete the Hajj.

"It is very crowded with millions of Muslims in the same dress all making their way to the various locations," says Abraham Nana, an Islamic scholar who has been volunteering at San Quentin for almost 20 years and who has made the Hajj twice, in 1968 and 1991.

Once in Arabia there are several rituals done to complete the Hajj. One of the rituals is to circumambulate of the Ka'ba (the sacred black stone which Islamic faith holds holy) seven times on three occasions. The faithful also travel to the plain of Arafat where they stay for a short period in a standing ceremony which starts at noon with a special prayer (salat). This is followed by throwing stones at pillars symbolizing the driving out of Satan, a ritual called Wuqoof. In completing of the pilgrimage the faithful stop in Mina, a city between Mecca and Medina, where they spend the night in prayer. The end of the Hajj is celebrated by the slaughter of a sheep, goats, camels, and cattle. The ceremony of blood sacrifice extends to the time of Abraham and signifies the end of the Hajj festivities when the slaughtered animals are eaten in a Feast (Eid al Adha).

"I don't recommend slaughtering a camel," says Abraham Nana. "It's a large animal and difficult to slaughter. I recommend slaughtering a smaller animal."

The Eid feast is celebrated by Muslims here at San Quentin along with other Islamic holidays such as Ramadan. If you are interested in learning more about Islam or attending Islamic services, contact Imam Rafeeq S. Hassan by institutional mail.

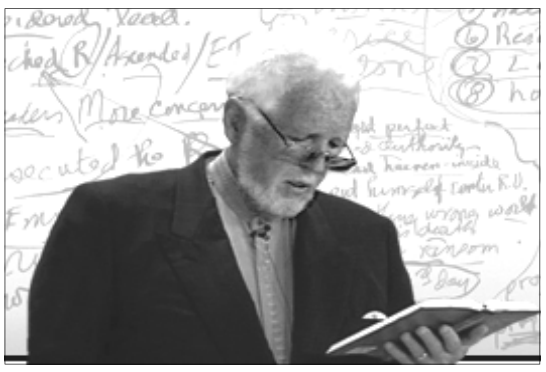
## *Faith Proclaimed Loudly*

**By KENNETH R. BRYDON**
**Editor-in-Chief**

For those who've recently watched San Quentin Television prison channels, the Protestant time slot for religious programming has had a certain feminine touch. Pastor Melissa Scott, a television evangelist, took up the banner of both the Faith Center and University Network of which her late husband, Dr. Gene Scott, was the pastor.

Dr. Scott was well known for his fiery testimonials and disposition. He was often heard saying that Balaam's jackass was a better spokesperson for God than most Christian preachers. Such comments brought him both high regard and angry rebuttals. Dr. Scott was a man a great scholarly depth; who also owned a collection of Bible manuscripts dating as far back as two centuries after the death of Christ.

Dr. Scott was also known for his love of the prisoners, and his church has been coming in to San Quentin for well over 10 years. Dr. Scott's sermons were broadcast on KRON-TV channel four, up to the time of his death in Feb. 2005. His preaching went beyond the usual reciting of the simple as he broke down and defined challenging and informative Biblical truths. He spoke his convictions without tricks and pleas for money, saying only those being "fed" by his messages were those he welcomed to contribute.



Dr. Gene Scott

***"You can always start over with God."***

Pastor Melissa Scott was ordained by her husband, who asked her to carry on his message. She reads, writes, and speaks 20 different languages. Having her own presentation style, one still can see the standards of teaching that Dr. Scott set forth. Pastor Melissa Scott, who has visited San Quentin many times, recently donating an electric drum, guitar, and numerous publications to the Garden Chapel. Asked if she had a specific message for the prisoners here, her answer was: "You can always start over with God."

Pastor Melissa Scott

Pastor Scott's messages can be found at one o'clock in the morning on KRON 4 Monday and Wednesday), and at the same time Monday through Friday on the "ION" station (channel 24). For those who wish to receive a Bible and study guides write to:
*Pastor Melissa Scott*
*P.O. Box 1*
*Los Angeles, CA 90053.*

## 'Grave Robber' Unearthing Hope

**By KENNETH R. BRYDON, Editor-in-Chief**

Hitland Ministries will stage performances on Jan. 17 and 18 of "Grave Robber" in the Protestant Chapel. This is the same group that in July handed out tall glasses of pink lemonade and hotdogs to the lower yard packed full of prisoners. Musical entertainment was Gospel Music from three bands, who put on solid performances appreciated by many.

Grave Robber's intricate set designs and backdrops make it the best live show one would encounter inside of prison. Past audiences have left the play talking of the high drama and intensity of the story line.

Coming in for the fourth time, "Grave Robber" is produced by Brad "Doc" Walker. He and his wife Crystal began Hitland in 2002 as a Christian community event in San Jose. They brought together 25 churches for a Gospel musical program in a local park that is now an annual event with over 8,000 in attendance.

Hitland began coming in to SQ while serving as a Sponsor of the Trustfellows Program. During an interview in July Walker stated, "The hotdogs are much of the attraction, but we're here to talk of Jesus's love and that you haven't been forgotten." He went on to talk of actions that speak louder than words, quoting Saint Francis of Assisi, "Preach the Gospel, and if you must use words." With the help of Kenny Brown, Gospel music and "Graver Robber" plays are presented in a number of communities.

If one has never experienced a live play, this would be a very good introduction.

## HOLIDAY SPIRIT LIVES

By DARRELL C. HARTLEY, Staff Writer

Saturday Dec. 13, 2008, marked a milestone in evening holiday celebrations in the Protestant Chapel. This magnificent festive night was full of praise, worship, moving testimonies, entertainment, an awards presentation, and food; glowed with brotherhood, communion, friendship and was enjoyed by special guests, honored volunteers as well as the dedicated members of the chapel ministry. The event certainly gave new meaning to what the joy of Christmas is truly all about. The banquet featured a series of delicious menu items and an absolutely delectable dessert, was catered by Cornerstone Church. Protestant Chaplain Dr. Morris A. Curry Jr. lauded the grand evening as "Wonderful." On the next night, the Catholic Chapel hosted their annual merry holiday celebration with a scrumptious banquet of their own that honored their special guests and the exceptional efforts of members of the chapel ministry.

## Do Not Limit Yourself to Fundamentalism

**An opinion By TROY THOMAS**

The mind's possibilities are limited by its concept of its potential. Moreover, human potential is also broadened or limited by the concept of God. Thus, if God is anything finite (that is, limited), to a person, that person has already limited his or her mind. However, if God is looked at as infinite (without limits), without boundaries, without deficits or definition, and always seem as "greater than" you have already expanded your mind to reach for the limits of all things. Such a consciousness of God puts us into the proper field to grow to our greatest height.

## *My New Year's Resolution*

**By CHRISTOPHER R. SCHUMACHER**

With the dawning of a New Year I will embrace each day, fresh and clean, with no mistakes in it. I will continue striving to learn, to grow to become a better man than I was the day before. I will use the power of my voice and actions to spread messages of hope and encouragement. I will be brave enough to admit when I am wrong; when I fall I will rise up and persevere in the face of adversity. I will not allow my past of current circumstance determine my state of mind. I will never forget how to dream, nor will I be deterred from the destiny that awaits me. I will seek out and seize upon opportunities to live and to love, as a brother, a friend, as a contributing member of my community. I may be out of sight, but I refuse to be out of mind. I will shine like a ray of light in an effort to transform the darkness that surrounds us into a place where healing and restoration can begin. Will you join me?

# SPORTS

## Warrior Report Basketball Wrap-up

**By GEORGE LAMB**

The Warriors concluded our season on a low note losing our last game and three out of our last six to end the season with a record of 19 wins and 9 losses. We didn't quite meet some of our goals and had a year filled with some great highs and some low lows; but overall our season was a success. There were some setbacks, personality conflicts, administrative challenges, trips by some key players to the "hole" and all the rests – oh! Not to mention attitude problems and a "J-Cat" or two; none the less a winning a season is a good season. The games were competitive for the most part and all the games were enjoyed by many. We as a group of men were challenged in many ways and some times at the same time which was cause for a few gray hairs that I didn't start the season with. I trust that we all grew from our shared experiences. As a coach I learned some things to do next season and some things not to do; but that's kind of how life works anyway, so it's all good! We are all hopefully better for having completed the journey. The coaching staff contracted with each other at the beginning of the season to 'build men', and we believe that we accomplished that goal, at least in part by at least improving the quality of man that some of the team members are, only God knows! The greatest challenge was taking guys who had decent 'street ball', games who never played organized sports and teaching them the game. The season was highlighted by our leading scorer and offensive dynamo Shaun "SP" Payton at 22.5 points per game. However, the Most Valuable Player went to Adrian "Onion" AKA "Bell Pepper" Hay, averaging a double double and, more importantly showed the most consistent growth over the course of the season, good job!

2008 San Quentin Warrior Basketball Team

We had a wealth of support from the outside community, which included one Division I school, William Jessup University, one Division II school Golden Gate Baptist Theological Seminary, 2 men's league teams and 2 church league teams. They were all very supportive and generous with their time and resources. We received the donations of sports equipment uniforms, basketballs, headbands, wristbands, knee and ankle braces. We also were given some very good quality team and individual photos and at the end of the season received our customary annual donation and this year's are considerably better in quality than last years. These blessings came to us from Bill Eppling and Big Don of Prison Sports Ministries, Steve Irwin SQ Sports Ministry's General Manager, Shaun Hurley of Imagio Dei an East Bay men's league team and Justin from the Golden State Warriors marketing department who donated the Warriors practice uniforms from this year's training camp and has committed the new ones from this season.

There are some home team haters and home team supporters who are looking forward to next season as much as we are. This season will not start until mid April. Strength and conditioning camp will begin the week of March 9th through the 20th Try-outs will commence on March 23rd and first cuts on the 27th. and final cuts on April 3rd. There will be scrimmages on April 4th and 11th, with the season opener on April 18th. This season will be 7 weeks shorter than last year and total 29 games, consistent with a college season, and concluding the last week of daylight savings, October 31, 2009.

## 'The Blues Brothers' Season of Football

**By WILLIAM 'BIG WILL' PACKER**

The season ended November 15, 2008, for the San Quentin Blues Brothers, with a record of four wins and two losses. We faced our share of challenges this season, and most them we overcame. We developed new relationships, a rivalry, and more experience. We guarantee you, next season, will be exciting and entertaining. We'd like to give a special thanks to some of our outside competition: Benicia Baptist Boys, Golden Gate Seminary School, and No Soup 4U.

On behalf of the team, I'd like to thank a few people: Warden Robert Ayers Jr., for indulging us, Kent Philpott, Stan Damas and Lieutenant Sam Robinson, our Sponsors, Monica Knox, Tom Egan, Kairos Fellow, and Sunny Campbell of T&B Sports, for their support and donations, and Principal Ted Roberts and Coach Don Denevi for their continued supports. To our families and fans, we extend special thanks.

We hope we did everyone proud, and looked forward to the years ahead. To all of the Blues Brothers, it was an honor.

Blues Brothers 2008 - San Quentin Prison

## SPORTS TRIVIA

1. *Basketball: Name the Basketball Hall Of Fame class of 2003.*
2. *Baseball: Which 1980's team made 3 appearances in the World Series and won only once?*
3. *Football: What NFL team will move to it's new stadium and host the 2011 SUPER BOWL?* **Answers below ↓**

*1. James Worthy, Earl Lloyd, Robert Parish, Meadowlark Lemon, Dino Menegihin and Francis "Chick" Hearn.*
*2. The St. Louis Cardinals. Defeated the Milwaukee Brewers in seven games 1982. Lost to the Kansas City Royals (1985) and the Minnesota Twins (1987) both in seven games.*
*3. The Dallas Cowboys will relocate to the new Texas Stadium in Arlington, Texas.*

## Hope....

**By Helen Ameeta Singh**
***(Facilitator, The Trust's Wellness Group)***

Namaste my brothas….I hope this article finds you well and in good spirits. I have been feeling hopeful of late- and it feels good! It feels like it has been a very, very long time, since I last hoped. What power lies behind our hopes. The power to facilitate change in our lives and in the world around us.

On January 20, 2009, we will witness another historic event in this country…..Barrack Obama will be sworn in as the president of the United States. His win in the November elections gave voice to my hope and that of so many people, not just here in the U.S., but all over the world. In the days leading up to the election, I found myself feeling increasingly fearful of hoping….Every time I would feel that hope start to rise up inside of me, I would stop myself in an unconscious effort to protect myself from the pain and devastation that would surely follow were he not successful. For many of us know the cost of hope unrealized. But I could not stop the hope, no matter how much I tried. My spirit took flight and when my hopes were realized, the joy was incredible. And it continues to carry me forward. For the first time, when I see the soon-to-be president-elect, I smile. When I see the soon to be "first family" my heart smiles. The displays of love and affection I see between the president-elect and the soon-to-be first lady brings me joy. What is being reflected to me in these images speaks to some very deep woundings; woundings that are far greater than in this lifetime alone.

**"I Have a Dream"**
**Dr. Martin Luther King Jr.**
**1968**

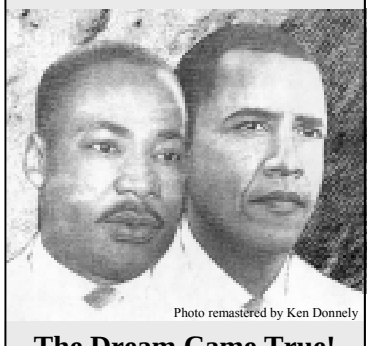


Photo remastered by Ken Donnely

**The Dream Came True!**
**Barack Obama elected**
**President of the U.S.**
**2008**

For the first time in the history of this country, a country built on the attempted genocide of the indigenous peoples; off the backs of chattel slavery; and the continued unacknowledged and demonized use of immigrant labor, the leader is someone who has an understanding of what some of my experiences have been like. Though there are no doubt many differences in our experiences, for the first time, I feel there are some common understandings we share that previous presidents never could. And my heart smiles in hope. President-elect Obama embodies hope for me. And in that hope is a re-emergence of spirit and energy that I have not felt in a very long time. In this country where the race debate is often limited to black and white, with not much acknowledgement of the many shades of brown that lie in between, I have hope that the president can one day be of South Asian descent. Growing up, that was never even on my radar; but it is now. And for many, many children of all the different descents in this country, it is a tangible, realizable hope.

On election night I received the following text on my mobile: "Rosa sat so Martin could walk. Martin walked so Obama could run. Obama's running, so our children can fly". And for the first time, "our children" felt inclusive to me. As we come to the beginning of a new year, I am hopeful, that hope carries over into all areas of my life. What do you feel hopeful about for the New Year? In what ways can you allow hope to take flight in your own life, even when the circumstances don't feel very hopeful? Not an easy question I know, but one I hope you may spend some time reflecting on.

Until next time my brothas, peace and blessings….Meeta

# Centerforce Offers The Life Project

**By ALISON TANZER & JUDY LEAHY**

●**What is the LIFE Project?** The Centerforce LIFE (Leaders in Future Environments) Project is a mentoring program for youth ages 11-18 who have an incarcerated parent of family member. The goal of the LIFE Project is to provide mentoring, support, leadership building activities, and events that help each youth to develop his or her full potential. The LIFE Project also provides specific support to help youth deal with the unique issues surrounding incarceration of a parent or immediate family member.

●**Who is eligible to participate in the Centerforce LIFE Project?** Youth with an incarcerated parent who are 11-18 years old and live in Alameda, Contra Costa, Marin, San Mateo, or San Francisco County, are eligible to participate in Centerforce's LIFE Project.

●**What if the youth that I am referring does NOT live in the Centerforce LIFE Project Counties or is younger than 11 years of age?** There are Mentoring Children of Prisoners (MCP) programs throughout California and the United States, including MCP programs that serve youth from 4 to 18 years of age. If the youth you are interested in referring for mentoring is not eligible for Centerforce's LIFE Project, the LIFE Project staff can refer you to programs in your area and/or programs that serve youth who are younger than 11 years of age.

●**What kinds of activities do the Centerforce LIFE Project offer?** While mentoring pairs communicate and work together weekly, the LIFE Project plans and hosts group events about every six weeks. Activities and events are fun and educational with a focus on leadership skill development. Events range from pro-football games to rock climbing, concerts, plays, and college tours. Events may include special guest speakers, art projects and community service opportunities.

●**What will my children get out of participating in the LIFE Project?** Youth can benefit from participating in LIFE by having another caring adult in their lives, in addition to their parents. LIFE youth participants and their parents have reported improvement in grades, greater involvement in school and community activities, increases in self esteem, better relationships and more.

●**How can I get more information or refer a youth to participate?** If you are interested in your child participating in the LIFE Project, you can write us a letter with the following information about you and who you are referring.
Please include: Your name, address, and CDCR number. Youth and caregiver name, youth and caregiver address and youth and caregiver phone number.

Centerforce Information:
Centerforce, Attn: LIFE Project, 2955 Kermer Blvd, 2nd Floor, San Rafael, CA 94901

# *H-UNIT MAC MEETING*

**By DAVID MARSH**

Present for the Administration: C.O. Ceja (Administration representatives normally in attendance were absent due to 'Farewell To Warden Ayers' party.)

Time/Location: H-Unit Chapel, Fri., 12-19-08.

Topics of Discussion: new healthy-foods items on the canteen list (heart healthy oatmeal, unsalted cashews, brown rice, and pop tarts are being added having been selected by inmates) • new American Indian representative on the council introduced (R. Bennett) • start-up date for new semester of Patten College noted (Jan. 20 start, Jan. 5 orientation) sign-up lists going up in all dorms • wearing of gloves on the yard discussed (gloves purchased thru packages are approved) • new medical services trailer (trailer to be placed in Jan. near Tower 9) • new press liason voted onto council (D. Marsh) • possibility of special privileges for STAND-UP participants in dorms 4&5 (issue will be taken up in up-coming STAND-UP steering committee meeting) • 'A' days were discussed ('A' days are still charged against inmates) • overdue work orders in dorms (Pretty hopeless!!!) • heavy bags on the yard (pending installation of third pole, bags are ready)

# Another Lifer Goes Home

**By FRIENDS OF RUSTY**

Russell "Rusty" Trunzo paroled on Jan. 01, 2009 to his wife Diane and family. Rusty entered the California Department of Corrections and Rehabilitation in 1978 during a turbulent time of life in CDCR.

Rusty Trunzo

Despite the struggle, Rusty diligently pursued a multitude of self-help, therapeutic, academic and spiritual programs for over 30 years. Throughout this journey, he remained grateful for the positive opportunities and experiences that impacted his life and those around him. With Rusty there was a deep sense that he achieved self-discovery, healing, and reflection. It helped him transform into a man of compassion, kindness, growth and service.

Rusty has a B.S. degree in sociology, a California State Certification as a Brothers Keeper Counselor (Crisis Intervention and Suicide Prevention) and was a guiding spirit of Addiction Recovery Counseling (ARC) as well as a California Association of Alcoholism and Drug Addiction Counselors. He will continue to make a positive impact on his family, friends and community.

On New Years Eve, Rusty shared an emotional farewell with many men in North Block, sharing, "I feel so blessed. I made the very best of my time, I love all of you guys."

Living behind bars since 1978, his parole parallels the science fiction story of H.G. Wells' time machine. The world he returns to is going at a much faster pace. Some of the issues confronting him will be: high tech innovations, higher cost of living, better medicine, gains in science, a greater awareness of our environment, wider selections-choices, less tolerance; the list is staggering. As with all of us, there are many challenges that we face in this world. With no exception, Rusty will continue to turn lemons into lemonade.

Rusty loved his peers. He championed the cause of their misfortunes with eagerness and compassion, and always had time to lend a helping hand or to listen quietly. He showed us how to not give up, to persevere, and to continue the fight until victory is achieved. In the end it was Rusty's own writ that won him his freedom. He did it so that the rest of us who remain incarcerated will have a beacon of hope. "Combined with the accomplishments you've worked for, some serious time spent in the law library and with the help of some of the legal beagles in the 'Q,' you can prevail," said Rusty. He would undoubtedly followed those words with: *Never give up, never look back, and work towards the greater good and you too will be so, so blessed.* Rusty was last seen talking on a cell phone, wearing some pretty decent street clothing, and smiling ear to ear about having his first free meal of plain yogurt, old twigs and brown rice. God bless the little fellow!

# We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:
• Please limit your submitted articles to no more than 350 words.
• Articles may be edited for content and length.
• The newspaper is not a medium to file grievances. Use the prison appeals process.

However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

• Please do not use offensive language in your submissions.
• Art work is welcomed (i.e. poems, songs, cartoons, drawings).
• Letters to the editor should be short and to the point.

**Send Submissions to:**
**Education Dept. / SQ News**
**San Quentin, CA 94964**
**(No Street address required)**

# Improvements to Visiting Room Kid's Areas

**By NORTH BLOCK MAC**

The San Quentin visiting rooms have undergone much appreciated renovations.

"It was a valiant group effort, and all are to be commended and recognized for their humanitarian act of generosity," said Sammy Johnson, the North Block MAC chairman.

Prisoner G. White, the Visiting Room MAC representative, was highly involved in the project.

The many contributors included D. Sheldon, who donated art supplies for the mural and facilitated the project and donations. PIA provided the kids tables and chairs, Center Force donated toys, the San Quentin Education Department supplied books and toys, the Carpenter Shop anchored the shelves, Project Reach and Marin Literacy provided books and a $500 donation, and Steve Emerick and various prison artists painted the murals.

The San Quentin Visiting Room staff were very cooperative, with appreciation for Lt. K. Evans, Sgt. J. Carlton, Sgt. D. Moor, and Sergeant D. Smith.

"A special thanks to Warden Robert Ayers, Jr. and his administration," said Johnson, "for his vision which sparked the beginning of a wonderful project."

Much effort came from the prisoners who devoted their heart, sweat, talent and skills in bringing this about.


## San Quentin News

The opinions expressed herein do not necessarily reflect those of the Administration, or the inmate population, and should be considered solely the opinion of the individual author unless specified.

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### H-Unit MAC

| | | |
|---|---|---|
| 5H42L | A. Parker | Chairman |
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| 4H63L | P. Stelly | Parliamentarian |
| 5H29L | M. Le Melle | Sgt at Arms |
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| 3H56L | S. Byers | Representative |
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| 4H45L | D. Ansted | Representative |
| 4H30L | D. Hartley | Medical Rep. |
| 4H72L | G. Harris | Stand-Up Rep. |
| 4H99L | J. Phillips | Food Rep. |
| 4H68L | H. Hopkins | Canteen Rep |
| 4H06L | D. Kaiban | Medical Rep. |
| 5H24L | M. Barrow | Representative |
| 5H74L | W. Branson | Representative |
| 5H18U | D. Saxton | Representative |

### North Block Executive MAC Members

| | | |
|---|---|---|
| Johnson, S. | 2-N-81L | Chairman |
| Sefeldeen, K. | 1-N-96L | Vice-Chairman |
| Mancinelli, T. | 5-N-87U | Secretary |
| Tindall, M.K. | 4-N-37L | Parliamentarian |
| Pena, E. | 3-N-24L | Sgt at Arms |

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| | | |
|---|---|---|
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| K. Lewis | 2-EB-76 | Yard 2 |
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# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO. 2 | FEBRUARY 26, 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION:5,192


# Change Comes To San Quentin

## Acting Warden R. K. Wong

**By KENNETH R. BRYDON, Editor-in-Chief**
**and**
**MICHAEL R. HARRIS, Managing Editor**

R. K. Wong, San Quentin's new acting warden, says he is making a thorough review of all of the prison's inmate programs with the goal of improving security, eliminating duplication and strengthening activities overall.

Wong, who took control of the prison Dec. 31, shared some of the details of his professional history, his current position and his vision for S.Q. during our one-hour interview with him Jan. 13. Wong agreed to the interview with the S.Q. News, and present were Editors Kenneth R. Brydon and Michael R. Harris, as well as S.Q. News volunteer adviser and retired journalist John Eagan and Wong's administrative assistant, Lt. R. Luna.

S.Q. News asked the new warden what changes may be expected under his guidance. "I haven't really made any changes as of yet," Wong responded. "I've spent a lot of time observing and seeing what types of programs are going on." Wong continued, "Do I plan on making any changes? I'm sure there will be some."

Wong begins his tenure here in the warden's office looking at the overall operation of the institution and how the wide variety of programs at S.Q. is working. Wong says that he is looking at the volunteer programs, and that his immediate intentions are to assess what kinds of programs are actually benefiting the prison population at S.Q. "I know that there was a rumor that Wong was going to suspend them," he said. "No, I'm not suspending programs. What I'm trying to do is to get a handle on the programs that we have. Which ones are evidence-based, and which ones are actually benefiting the inmate population."

*See* **Acting Warden** *Page 3*

One of many prison gymnasiums across the state crowded with prisoners

# Feds Order Massive Prisoner Release

**By DAVID MARSH**

In a landmark federal court ruling intended to resolve the issues of overcrowding and inadequate medical and mental health care in California's prisons, a special three-judge panel has issued a tentative ruling calling for the early release of tens of thousands of prisoners over the next two to three years.

Through it's unprecedented ruling, the panel of judges voiced its finding that chronic overcrowding is indeed at the root of the California Department of Corrections and Rehabilitation's (CDCR) well documented inability to deliver to its prisoners constitutionally mandated minimum levels of health care, and that massive prisoner releases are the only viable resolution.

"The evidence is compelling that there is no relief other than a prisoner release order that will remedy the unconstitutional prison conditions," said the judges in a 10 page ruling, led by 9th U.S. Circuit Court of Appeals Judge Steven Reinhardt of Los Angeles. The judges said the ruling is meant "To give the parties notice of the likely nature of that final opinion, and to allow them to plan accordingly."

Though the ruling stopped short of assigning a firm figure to the planned reduction of prisoners, the judges nonetheless clearly indicated what lies ahead. "It is our intention to adopt an order requiring the state to develop a plan to reduce the prison population to 120 percent of the prison's designed capacity…..within a period of two or three years."

According to figures released by the state, as of the end of January, California's prisons held more than 157,000 prisoners in its in-state prisons and satellite facilities, or 188 percent of the designed capacity of 84,000 inmates. A reduction to 120 percent of design capacity would require the release of approximately 57,000 prisoners. Another 6,000 of California's prisoners are housed in out-of-state facilities, and it is still unclear how the ruling might affect them.

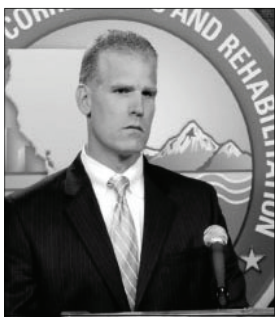
*See* **Prisoner Release** *Page 2*

# State Officials Get Lesson in S.Q. Ethics

**By ALY TAMBOURA**

Twice in the last 30 days, officials who help shape prison policy have come to take a look at the work of the Prison University Project at San Quentin State Prison.

Politics and prisons are intrinsically linked in California, so when officials from the state come to visit, prisoners take notice. The buzz of possible release of prisoners, ordered earlier this month by federal judges, heightened the anxiety of the men who were surprised by the visitors.



Matthew Cate
CDCR Secretary

Steve Meinrath and Jerry McGuire, counsel to the Senate Public Safety Committee, were the first to visit. They seated themselves among a mixed group of prisoners taking an ethics class at San Quentin. Escorted by Sam Robinson, public information officer, and Jody Lewen, director of Patten University at San Quentin, the visitors got a first- hand look at students and one of their instructors, Helene Silverburg, in the midst of an engaged discussion on the difference between Kantism and Utilitarianism. The topic of discussion seemed to intrigue the visitors. As they left, they graciously thanked the instructor, as well as the men in the class, for allowing them to sit in.

The most significant visit came a week later when an entourage of officials converged on the same ethics class, the highest ranking being Matthew Cate, Secretary of the Department of Corrections and Rehabilitation. Cate was accompanied by Elizabeth Siggins, his senior policy adviser, and Lee Seale, deputy chief of staff. Also present were San Quentin officials including: Acting Warden R.K. Wong, Administrative Assistant R. Luna, Chief Deputy Warden Vince Cullen and Public Information officer Sam Robinson and out going, CDW Max Lemon.

*See* **Ethics Lesson** *Page 4*

# 'Jailhouse Lawyer' Paroles After 23 Years

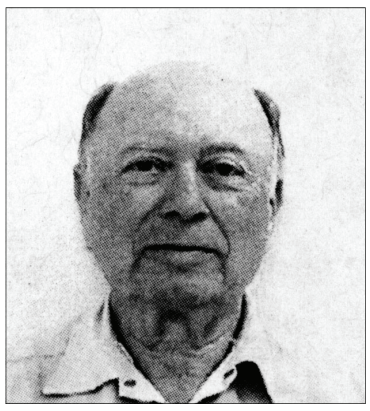
John Dannenberg composed countless writs, motions and legal briefs for himself and a great many of his peers during his more than 23 years behind bars.

His list of accomplishments through the courts brought him a well-deserved reputation throughout the state, both in and out of prisons, as one of the preeminent and most prolific legal minds among "jailhouse" lawyers. In the minds of some, Dannenberg was the best.

Whatever his legacy in the Lifer community, his diligence and perseverance paid off when the San Jose based 6th District Court of Appeal, for the second time in two years, ordered his release on parole. And this time, Dannenberg went home.

The former Los Altos businessman, who arrived at San Quentin from Vacaville in 1996, was serving a sentence of 15-years-to-life for a second degree murder conviction in the 1985 death of his wife, Linda.

His bid for freedom propelled his case to the California Supreme Court and resulted in a major ruling, which was overturned three years later, that



Recently released lifer & prison law clerk
John Dannenberg

used "the elements of an offense" to lengthen the time spent in prison for many Lifers. The "elements of an offense" ruling allowed the governor or parole board to deny parole in cases in which the elements of the crime were determined to be more heinous than those of a similar offense.

Dannenberg was determined by the parole board to be suitable for parole in 2005, but Gov. Schwarzenegger overturned their decision, citing the "egregious" nature of Dannenberg's offense.

Ultimately, it was a Supreme Court ruling in the landmark case of Sandra Lawrence that was to pave the way for Dannenberg's release on parole. In the *Lawrence* decision, the court ruled that "public safety" and an inmate's "current dangerousness" are the relevant factors in determining suitability for parole.

*See* **Jailhouse Lawyer** *Page 2*

# Prisoner Release

*Continued from Page 1*

The judges strongly urged the state to meet with the prisoner's attorneys in an attempt to hammer out an agreement, and they offered the services of a court appointed settlement referee to aid in their discussions. They indicated that they would hold more hearings before issuing a final ruling in the case.

### *The state's reaction*

California Attorney General Jerry Brown has said the state will appeal the case to the U.S. Supreme Court once the ruling becomes final. Brown, who represented the state in the recent trial, said the court "does not recognize the imperatives of public safety, nor the challenges of incarcerating criminals, many of whom are deeply disturbed."

Matthew Cate, secretary of the CDCR, expressed disappointment with the judge's decision and said the administration is reviewing the tentative ruling before deciding on what steps to take.

"Obviously the governor and I strongly disagree with the panel's conclusions and our response will be based on how best to protect the public from a court-ordered release of inmates," Cate said in a statement. "This is not about overcrowding. We are providing a constitutional level of care now; so we have the right to keep these inmates in prison."

Assemblywoman Fiona Ma, D-San Francisco said that early releases can be done without necessarily endangering public safety. "I know there is a percentage of inmates who are in for less serious offenses who would not endanger the public directly," said Ma, who is a member of the Assembly Safety Committee.

### *History of the lawsuit*

The civil rights case began in a Sacramento federal court more than 21 years ago when Jay Lee Gates, an inmate at the Calif. Medical Facility in Vacaville, filed a lawsuit protesting the poor quality of his health care. The case was taken over by prisoner's rights lawyers and eventually converted into a class action lawsuit and, 19 years ago, assigned to the court of U.S. District Judge Lawrence Karlton of Sacramento.

Subsequent additional inmates' lawsuits challenging both medical and mental health care were also morphed into class action lawsuits and assigned to the courtrooms of Senior U.S. District Judge Thelton Henderson of San Francisco, and U.S. 9th Circuit Judge Stephen R. Reinhardt, of Los Angeles.

Each judge was to rule in their respective cases that prisoners were being provided with unconstitutionally substandard health care. Karlton ruled in 1995 that the state's prison mental health system violated the Constitution's 8th Amendment protections on cruel and unusual punishment.

Incarcerated women at California Institute for Women

Henderson made a similar 2005 ruling regarding prison medical care, and he appointed a federal receiver to take over the medical system. In his 2005 ruling, Henderson found that an inmate was dying unnecessarily every six to seven days as a direct result of poor quality health care.

### *Panel's formation under 1995 Prison Litigation Reform Act*

Few could have foreseen the course these separate but similar civil rights cases were destined to travel. Or that the three cases would become joined for landmark litigation and that from them would come historically unprecedented rulings with potentially profound national impact. Rulings that would forever redefine the issue of a state's sovereign rights versus the rights of prisoners to receive constitutionally mandated levels of health care.

The stage was set when a decision was reached to bind the three cases together, and, for the first time, hold a trial under the auspices of the Prison Litigation Reform Act (PLRA). Previous cases under the Act in other states have resulted in settlements before trials became necessary.

Ironically the Act, which took effect in 1996, was intended to make it harder for inmates to bring lawsuits and to limit the power of federal judges to order remedies in purported cases of abuse. The Act prevents a federal judge from acting alone in such cases, and instead requires the formation of a three-judge special panel in order to proceed.

Henderson, Karlton and Reinhardt were appointed to form such a panel by the chief judge of the 9th U.S. Circuit Court of Appeals, of which Reinhardt is a member. Each of the three jurists is widely considered as among the most liberal judges in the nine-state appellate circuit. Any ruling by the liberal panel would bypass the normal avenues of appeal and go directly to the U.S. Supreme Court, which is dominated by conservatives. The Supreme Court can overturn, modify or uphold the panel's decision, or refuse to hear the case entirely.

### *The trial*

Following months of trial preparation and evidentiary rulings, the trial opened Nov. 14, 2008 in a San Francisco courtroom and lasted for 14 days.

The trial featured numerous prison and health care experts from both sides. The state presented evidence of massive increases in spending for prison health care and strenuously denied that overcrowding itself was the cause of poor health care. Lawyers for the state pointed out that California currently spends approximately $13,778 annually per inmate on medical care, versus the federal spending of $4,413 per inmate. The average cost of health care coverage for a person in California in 2008 was $4,906.

Prisoner's attorneys responded with testimony from a variety of prison administrators, including Jeanne Woodford, the former acting director of the CDCR and warden at San Quentin, who testified that the majority of California's prisons are far too large and overcrowded to be effectively managed on all levels.

The case concluded on Feb. 4 after two days of closing arguments, and the judges released their tentative ruling on Mon., Feb. 9.

### *Causes leading to overcrowding*

The judges, state officials and policy makers credit a variety of factors for causing the overcrowding in California's prisons. Critics point to the 41,284 prisoners serving time under the 13 year-old three strikes law. Others blame California's decades long "tough-on-crime" political philosophy and a general reluctance to parole term-to-life prisoners. In addition, over 70,000 parolees are returned to the prisons each year, most for relatively short terms for minor offenses such as failing a drug test.

### *Plaintiff's reaction*

Prisoner's attorney Donald Specter of the Prison Law Office said, "We're thrilled. We think the court made the right decision under the law. The state has known for many years that crowding is out of control and is crippling the prison system."

Steve Fama, an attorney representing inmates said, "It's just a matter of finding the ones that would create the least risk if released a couple of months early."

Lawyers for the inmates agree that the ruling could have national significance on prison reform in other states where inmates could seek population caps on overcrowded facilities.

### *What happens next*

The plaintiff's lawyers have speculated that the judges may move cautiously in imposing federal mandates upon the state for fear of reversal on appeal, preferring instead to apply pressure to the state to devise its own plan to alleviate the overcrowding.

Kara P. Dansky, a Stanford Law School lecturer, said, "This is one area that the law is unclear on because we've never seen a case like this."

The Supreme Court is expected to look closely at the 11th Amendment, and a state's sovereign rights versus the 8th Amendment's protection to individuals against cruel and unusual punishment. Any decision to release inmates must first, according to the FPLA, consider the implications to public safety that such an action might have.

If the state refuses to negotiate, the panel could order a variety of reforms, such as parole reforms, shortened sentences, diversion of non-violent offenders to county programs, etc..
Followed, ultimately, by an appeal to the Supreme Court.

"It's a pretty comprehensive victory for us," said Michael Bien, a San Francisco attorney who has represented mentally ill prisoners. "It was a message, a very loud, clear message, that it's time that the public officials in California took responsibility for their own criminal justice system."

# Jail House Lawyer

*Continued from Page 1*

The court, in ordering Dannenberg's immediate release effective Jan. 25, cited his 23 years of disciplinary-free behavior and extensive record of involvement in numerous programs aimed at self-improvement. The governor's office decided not to press the case further, and Saturday, Jan. 31, he walked out the gates.

"The future is bright for so many others who find themselves in my same shoes, thanks to the decision in *Lawrence*," said Dannenberg. "I encourage everyone to file in the courts for their release under this ruling, comparing themselves to *Lawrence*."

He predicts that many Lifers throughout the state will gain their release through the courts as a direct result of the *Lawrence* decision, perhaps signaling an end to the state's long-running practice of denying parole for term-to-life prisoners.

Dannenberg has been a prolific contributing writer for *Prison Legal News* (PLN), with over 950 articles on prison-related issues published in the monthly legal publication since 2000.

"The work I did for PLN helped to bring the issues of imprisonment out into the public view for prisoners and non-prisoners alike," he said. His work covered areas such as medical issues relating to prisoners, legal decisions and explaining case law for non-legal readers.

Dannenberg was directly responsible for having 12 cases published in law books over the years, though not all of them were published under his name.

His accomplishments have included participation in the Alternatives to Violence program, Breaking Barriers, Restorative Justice, New Leaf On Life, the Men's Advisory Council and considerable time spent as a law librarian. He was also active in the S.Q. Jewish temple.

Dannenberg says that his immediate plans are to restart the business that he once owned which installed energy conservation systems. At one time his business, located in Santa Clara County, employed 30 people.

He also intends to campaign as a strong advocate for prison reform, focusing on what he perceives as the inadequacy of the entire prison system. "It lacks direction," said Dannenberg, who has already received offers for a number of speaking engagements.

Asked to sum up what his release means to him, he said, "It's a beautiful thing after all these years," with a smile that lit the room.

*—DAVID MARSH*

# Acting Warden

*Continued from Page 1*

The new acting warden is trying to get a handle on just how many volunteers are actually coming into S.Q. He stated, "It ranges from hundreds to thousands." Wong says that his intentions are to tighten up the security processes and develop more accountability for where these people are going. "We have a responsibility to know where they're at," Wong explained.

Wong realizes that the multitude of programs compete for a limited amount of space at S.Q., and he figures to evaluate what might better accommodate the needs of the prisoners and where the sharing of space might help to achieve that end.

"Right now I'm meeting with the Community Partnership manager," Wong says. "Every program manager is getting on my calendar, and I'm having a one-on-one discussion." Wong is seeking to determine what counties these programs are coming from and directed to, and exactly how the various programs are being funded.

He is questioning each group as to their purpose, who specifically among the inmate population they are targeting and the barriers that they are facing. Wong used "San Quentin's Utilization of Inmates' Resources, Experiences and Studies" (S.Q.U.I.R.E.S.) as an example, a program he remembered from his early days at S.Q.. He recognizes the program's benefits to the public and the youth that it serves as having a significant value and purpose.

There is a possibility of some programs being expanded, while those being duplicated are likely to be cut back. Wong is not saying that one group is better than another. "I'm asking the volunteers to come in," he said. "You're telling me that your program's the best, but I'm hearing that from every other volunteer program, too."

SQ News asked acting Warden Wong if he was expecting the programs to conduct their own evidence-based surveys. "Yes," he stated, "I'm looking at evidence-based programs." With AB900 mandating certain expectations, he is searching out those programs that will meet those qualifications. "How many people have completed these programs," he stated, in looking to the specifics of what the program is doing. "We need the data; is this program successful?" he questions.

Wong points out the many possible reasons that programs are either succeeding or failing. He spoke of possible conflicts with work hours and yard schedules, as well as if they are being held during institutional count. The new acting warden asks: "Are we getting the full potential of the programs we're offering?"

Looking more at the difficulties, he states: "I see that this program is not going to work if we have this program going on at a particular time of the day when the majority of those people are on the job assignment."

SQ News asked if he was looking at the various vocational programs here at S.Q. "I'm walking around looking at every vocation," he said. He spoke of how AB900 will impact many of the programs throughout the state and possibly programs associated with S.Q. Recidivism and re-entry are at the core of the new law enacted by the legislators that sets aside funds for implementation of various training programs. "What are some of the things they're going to need to assist them so they can get viable skills," Wong said.

Acting Warden Wong went on to speak of his previous position at Solano State Prison, and how it was one of the pilot programs that came about through AB900. Comparing S.Q. with Solano, he is asked if perhaps more updated skills would better serve those in re-entry. Looking over the current programs, Wong considers what might better serve parolees. "What about programs that will make the inmates competitive with skills that bring them up to the standard with the 21st Century," he replied. His specific goal for participants in the programs is to be competitive in the outside markets upon their release from prison.

SQ News asked about the possible creation of vocational programs involving "Green Technology." Seeing that as realistic, Wong stated, "When someone wants to offer such a program, there's a process one has to go through."

He indicated that the program still had to fit with the availability of funding and the hiring of instructors, but saw the training to be within the vision he has for S.Q.

With his sights set on community involvement, Acting Warden R.K. Wong is searching for what he feels is most important for the future of S.Q. as his vision and the vision of previous wardens is realized. Through S.Q.'s location near an urban center, Wong sees many valuable opportunities for networking in the community while increasing the success of rehabilitation in S.Q., while adding meaning to the "R" in CDCR.

*More on the interview in the next edition of the SQ News*

# Wong's Rise To The Top

**By KENNETH R. BRYDON, Editor-in-Chief**
**and**
**MICHAEL R. HARRIS, Managing Editor**

Acting Warden R. K. Wong

With a smile, R.K. Wong recalled his first prison job out of the correctional officer academy 26 years ago – working San Quentin Tower #4 on the graveyard shift. He said he thought, "What did I do to deserve this?"

In December 2008, he returned to his roots, this time as the new acting warden at S.Q..

His first two years on the job were assignments in virtually all areas of San Quentin, from the dining hall to the lock-up units. In September 1985, he was transferred to CSP-Solano, "At the start of the California prison boom," acting Warden Wong said in an interview Jan. 13.

***"I began my career here, and I'm hoping to end my career here."***

For the next 16 years, Wong worked his way up the ranks and held a variety of positions. After promoting to first sergeant, and then lieutenant, he served as a correctional counselor (CC) I, CCII, acting Facility Captain and acting Custody Captain. His last assignments at Solano were that of gang investigations coordinator and Investigative Services Lt.

In 2001, Wong was promoted to Investigative Services Unit (ISU) captain at the Level IV prison at High Desert. He said he enjoyed working at High Desert, where he also served as associate warden.

Wong transferred back to S.Q. in 2006, where he briefly served as acting chief deputy warden and then briefly as the acting warden prior to the arrival in July 2006 of Warden Robert Ayers, Jr. from CSP-Los Angeles (Lancaster). "And we switched," said Wong. "I became the acting warden at Lancaster."

In February 2007 Wong went back to High Desert as an associate warden. In July 2008 he was promoted to chief deputy warden at Solano State Prison. On Dec. 31, 2008 he was officially assigned as the acting warden of S.Q., and he is now awaiting confirmation as warden. "Here I am, kinda coming full-circle," Wong said. "I began my career here, and I'm hoping to end my career here."

# *Health and Wellness Corner*

The San Quentin News " Health and Wellness Corner" column runs every month. A University of California, San Francisco health professional student will answer questions that you submit about health issues. Inquiries will be answered in the next month's paper. Feel free to ask us questions about any medical concern that you have, and it may be answered so that everyone can benefit. If you have a question, put it in a U-Save-Em envelope addressed to: "**Health and Wellness Corner," UCSF Doctors** (Dr. Shira Shavit) – **Medical Box**. If you include your name and number, they will be kept confidential. Note that this column is for general medical questions.

We would like to thank you for your submissions. This edition, we will address the following question:

**How does eating Ramen affect blood pressure?**

**What is it in Ramen that can affect your blood pressure? Salt!**

Each Ramen soup comes with a flavor packet that contains salt and other spices. These flavor packets contain about 1500 milligrams (mg) of salt (Roughly ¾ of a teaspoon of salt. You should have no more than **1.5 teaspoons of salt in 1 day**). For your comparison, other foods such as one slice of lunch meat might have only 13% of your daily salt needs.

**How does salt affect your blood pressure?**

Blood vessels carry blood to important parts of our body, like our hearts and brains. Too much salt causes more fluid to be in your blood vessels and increases the pressure inside them. This would be like pumping too much air into a bicycle tire and making the pressure inside very high. This is dangerous because high blood pressure can lead to heart attacks or strokes.

Most people in the U.S. eat too much salt every day, but not everyone who does will have high blood pressure. The people who should be most careful about how much salt they eat are those who have high blood pressure or borderline high blood pressure.

**Some suggestions that we have for you:**

1. Limit the number of Ramen packets that you eat- maybe just one a day.
2. Use only ½ of the flavor packet and add your own spices to help improve the flavor.
3. Do not add extra salt to your food if you can.
4. Know your blood pressure and have it checked regularly.
5. Pay attention to the amount of salt that is in all of the foods that you eat- foods like preserved meats (tuna, mackerel, meat logs) can have a lot of salt too!

If you do not feel well or have an URGENT medical concern, fill out a 7362 request for services form to see your housing unit medical staff.

# *Our Take On It*

By SQ NEWS STAFF
**An Editorial Opinion**

We get asked by our peers, on a daily basis, "What does all this overcrowding business mean to me? How much shorter will my time be?". And the answer truly is, I sincerely wish that we knew what to tell them. Because they want to hear *something!*

But we don't know, no one does, or can. Because although the whole scenario is picking up momentum at a dizzying pace now, there are still so many variables left to play out.

Will the politicians in our cash-strapped state do the expedient and humane thing and allow the feds to crack the gates just a bit and empty out a few bunks of those who fit the criteria of being low risk for early release? Only those politicians in our governor's inner circle could really say, and obviously, for political reasons, they're not saying.

Will the state continue to play hardball with the panel of judges and force the case to be decided by the U.S. Supreme Court? And what would the conservative judges on the Supreme Court rule? It's just too early to call.

There will be early releases of some sort to some extent, and the best guess at this point is that we here at S.Q. will see some sort of movement toward the exits in late summer or early fall. That is a pretty safe bet at this point.

We at the SQ News recognize our responsibility to you, our readers, to follow this story as closely as anyone can, and to report to you what we see as promptly as we are able, and in a responsible manner.

As witnessed by the depth of our feature story on overcrowding in this edition of our paper, we are on top of the story for you, our readers. And we will continue to keep you abreast of late breaking events, as well as how they will affect us, and when. Thank-you for your trust in us, and we will continue to do our best for you.

# Visitors Getting Involved in San Quentin

**By INMATE FAMILY COUNCIL**

The Inmate Family Council (IFC) is an opportunity for visitors to have a voice concerning institutional polices that affect family relationships. The IFC consists of 10 family members and friends of inmates who meet with correctional staff, including the visiting lieutenant and warden, on a regular basis to discuss these issues. The goal of the IFC is to establish mutual understanding between the visitors and the institution. The IFC at San Quentin was formed at the request of the state and the first meeting was held on Aug. 1, 2003.

Since its inception the accomplishments of the IFC include the development of the San Quentin visitors' information brochure and the "Visiting Report Card" survey to provide a vehicle for visitors to express their concerns through the IFC. Other improvements put in place by San Quentin as a result of IFC efforts include installation of door hooks and a mirror in the processing area bathrooms, an increase in the amount of money a visitor could bring in, installation of bulletin boards to disseminate IFC information and the development of a visual guide to inform visitors of clothing policies. The IFC has also had input concerning institutional food quality and the quality of institutional medical care.

There are currently openings for additional IFC members. An attempt is made to place members who visit inmates in a variety of housing areas and there is currently a particular need for additional members for the Main and H-Unit visiting areas. Applicants must be able to commit to a term of two years, attending meetings on the third Friday of each month from 11:30 a.m. to 1:30 p.m., and to be able to work with staff and fellow IFC members. If you are a regular visitor who wants to have a voice in what goes on, now is your chance to do so. To become a member, please contact Visiting Room Lt. K. Evans (415-454-1460 Ext. 5205). Please consider becoming a member.

# H-Unit Men's Advisory Council Meeting

**By DAVID MARSH**

**Present for the Administration:** Capt. M.D. Thompson, Sgt. Taylor

**Time/Location:** H-Unit Conference Room, Friday, Jan. 16, 2009

**Topics of Discussion:** Change of command (Thompson replacing Dorsey as Captain in H-Unit, council informed what to expect)

• Medical issues, slow pace of pill call causing tardiness to work (nurses are being encouraged to begin passing out meds at 5:30, nurses are still delayed on occasion due to time-consuming medication prep.

• Phones not working (improvements are already noted, all lines are to be replaced by early February

• Canteen issues, spending old money (computer refreshes allowable balance once per month)

• Yard not opening in the evenings until late, if at all (Thompson says this is no longer an issue)

• Issue of gloves revisited (inmates cannot wear workout gloves while walking the track, only while working out, recommend against purchasing brown gloves thru packages)

• Issue of 2nd watch property searches being conducted without inmates present, and no property receipts are being left (Thompson says staff has undergone additional training to encourage compliance)

• Personal clothing being taken during laundry searches (only laundry is to be taken during laundry searches, laundry is not to be hung above wall level)

• Possibility of extra Dorm 1 privileges discussed (Thompson says side yard will be opened following 4:00 p.m. count as long as inmates make it to chow on time)

• Late stragglers to meals (will no longer be permitted)

• Institutional transfers discussed (Thompson says anyone dissatisfied with life at SQ – see him!)

The next H-Unit Men's Advisory Council meeting will be held March 13.

# 'The American Negro'

## In celebration of Black History Month

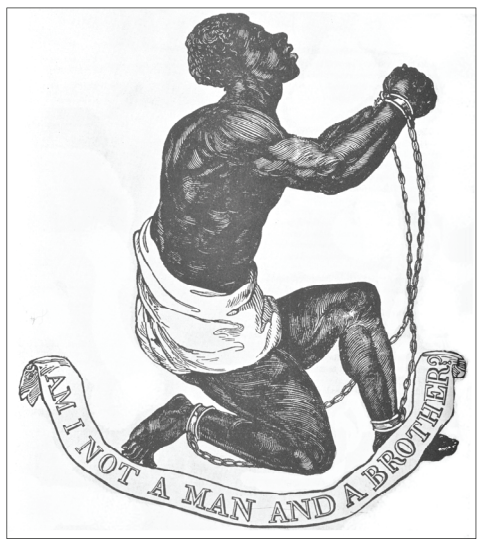
**By R.E. CALIX**
**Contributing writer**

By observation, the American of African descent is a very odd mixture of tragedy and triumphs of human life, and with a persistent spirit that is able to free itself from the disorder of the world. In the Bible, the pious must find their place in a sinful world; the evil doer can only gain redemption through love. Here the sinner is a symbol of all that interferes, all that goes against our humanity, and the pious symbolize the triumph of the human spirit over the disorder in the world.

Although the "Negro" is not considered a Hebrew, and the conditions of enslavement were different, still their struggles, disappointments and setbacks are the same and thus must be recognized for what they are and preserved. The "Negro" experience is so much a part of American life, with all of the struggles in nationhood and civil wars, which goes beyond the color line and race relations, and looking at the very essence of the human spirit.

It is well worth the time to commemorate Black History, in February, by recognizing what is enduring and abiding in the Negro American, especially those human traits which they have fostered despite, and in rejection of, the barriers and mean-spiritedness imposed upon them. This month is dedicated for the social good in America, to work toward preserving in words those human values, which may last when struggling for change.

In the first decade of the 21st century, the "Negro" situation is changing ever so fast, but so much, which they have gotten through the trials and testing of Negro American life is much too good to be forgotten. The faith, the perseverance, the laughter, the ability to harmonize in rhythm, the steely sense of life and the way of sharing it which all go to shape the American Negro.




John Greenleaf Whittier's poem "My Countrymen in Chains!" was published in 1835 with this drawing

Times change, but these treasured values must endure forever—not only because they define the "Negro" as a group, but because they represent a story of man's triumph over disorder. From the brave souls who participated in the 1908 Springfield, Ill., race riots that led to the deaths of seven people, but gave us the birth of the National Association for the Advancement of Colored People, and the fear of those civil rights protesters who faced the barking police dogs and water hoses in the turbulent South, comes the spirit which strengthened them in the same old timeless push toward equality.

The 44th president, Barack Obama, who launched his campaign for president just blocks from where the blood was spilled in Springfield, possessed the same sense of history, in that he dared not fail to adapt to the changing conditions lest he and his supporters fail.

One hundred years after the Springfield riots, the NAACP is able to celebrate its 100th anniversary, and America installs in office its first Black president.

Good and bad, all, which is of value in "Negro" life, is a truly unique American experience, and as such it should be harvested. Black History month is a celebration of life, even when it is tragic and filled with misery.

President Obama won because he and his supporters believed in the power of democracy, they each believed in the dream of the founders. Like them, and many others who wear the title as Americans, they believe in diversity, and it is possible that the end of these United States shall come when they stop believing in each other as a people.

Indeed, what was witnessed by the world in the 2008 U.S. election was a tenderly dignified unity of democratic divergences peacefully coming into life.

***One hundred years after the Springfield riots, the NAACP is able to celebrate its 100th anniversary, and America installs in office its first Black president.***

# Ethics Lesson

*Continued from Page 1*

Secretary Cate introduced himself to the class and stated: "Yes, I'm the guy who was on television this morning telling people not to let prisoners out early." He was making reference to the media coverage of the CDCR's response to the recent court ruling ordering the early release of some 57,000 California prisoners over the next three years.

His comments sparked a roar of laughter from the students in the class, as well as from a few of the guests. After the officials made their introductions they sat down and listened to the instructor, Ben Boudreaux, outlining the tenets of ethical relativism to the class. There was an air of unease among those in attendance, the prisoners not knowing why the officials were there and the officials not knowing what to expect of a college class full of incarcerated men.

***"Yes, I'm the guy who was on television this morning telling people not to let prisoners out early."***

A student in the class, Tung Nguyen, asked: "What about the Tarzan effect. I mean how do men raised by animals (lacking morals that lead to ethics) learn proper ethical behavior?" Nguyen's comments to the instructor gained a chuckle from the crowd, loosening the tension in the room. The rest of the classroom discussion served as an instrument, letting state officials know that the prisoners at San Quentin are very serious about obtaining an education in their rehabilitation, while the prisoners received the message that prison officials are taking notice of the significance of offering college educational opportunities to prisoners and the important role that the education of prisoners plays is the realm of public safety.

Patten University is the only on-site higher education program in all of California's 33 prisons. Patten offers AA degrees to prisoners and has been running at San Quentin for more than 10 years. The program is privately funded by donations from individuals, private foundations, and corporations. Classes are taught by volunteers, most of whom are graduate students and faculty from UC Berkeley, San Francisco State University, University of San Francisco, Stanford University, and St. Mary's College. For more information on Patten University or if you would like to enroll, send a request for interview via institutional mail to Jennifer Scaife.

Information is also available @ www.prisonuniversityproject.org

# Arts & Entertainment

## Poetry

### Death Row Reality Check

*This is a world of a different kind of life, a change in reality, a world real tight. You enter this world through cast iron gates; you can sense all the pressure and feel all the hate. They're unloading the bus, the man's laying down the rules; they're taking away your rights and giving you your blues.*

*The next gate is opening you feel tense down inside, a new world revealed, you hope to survive. All eyes are watching as you're escorted to your cell, then it all hits you, you messed up, you've just entered hell. Now they're all going to be watching how you're going to act; you lay out your program and always watch your back.*

*Outside worries must be left behind, it's all about survival and I'm going to tell you why. Your tears turn into anger; your happiness into hate, not being on guard is a feeling you soon will relate. My hell is heartache of steel and stone, and I'm here all alone.*

*My place of hell is one small cell that no one wants to own; my body cramps from the cold and damp that chills me to the bone. For my crimes I pay with time, no jungle holds more danger, and everyday that comes my way each man remains a stranger.*

*They came today and took away the man who lived next door, to end his time, he took his life, he couldn't take no more. It's quiet here on my tier, cruel death has claimed another; each day wondering who will be next, and hoping it's not my other neighbor. I hear the screams, the metal rings of keys and metal locks, the scrape of feet on the concrete as the prison guard patrols his/her block.*

*I watch my back for there is a lack of men who can be trusted; I just chill, I have the will before it is me who gets dusted. A secret I should tell you now, but do not tell another: in order to survive in here, a man must wear his cover. You do not know and will not know what lies within his heart, for he walked the walk and talks the talk and always plays the part.*

*But here's the secret of the frightened man inside… if something fatal should come my way, should an occurrence take my life, please tell my wife I'm grateful for everything we've shared, and for me all she's done. And though I'm gone one thing lives on, "My love eternally." My one desire should I expire, is that no one cries for me. Just gather around the love of my life and tell her, "I'm finally free."*

***By JOHNNY LEO CAPISTRANO***

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### The one Percent Rule

*Calculating prophets*
*Manipulate equations*
*suborning reasons*
*for greedy imbeciles;*

*Panderers who pimp*
*Phobic philosophies*
*Transmute all meanings*
*to confuse the consumed.*

*Mean inheritors*
*of liberty's martyrs*
*Crunch on the carcass*
*of America's poor.*

***By JOHN NEBLETT***

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### Reflection

*What do you see when looking into a mirror*
*Your reflection; past or present*
*What do I see when looking into the mirror*
*My reflection; past and present*
*I close my eyes and it's still there*
*I can't escape, I can't change it*
*Since it always, always catches up with you*
*Stop, and change direction*
*Open your eyes and see your new reflection*

***By BA Douglas***

## Snippets

Originating in China around 1498, the toothbrush was constructed using neck hairs from Siberian boars, which were attached to a bamboo or bone handle.

Butterflies are known to cannibalize their own.

America's first college, bookstore and newspaper were founded by the Puritans.

Men, on average, use 2,000 words a day. Woman on the other hand utter 7,000.

Antarctica is the only continent where owls don't live.

Assassin is from the Arabic word hashshash, meaning one who smokes hash. During the Crusades a Muslim order called the Assassins secretly murdered invading Christians while under the influence of hashish.

New-fledged means having just acquired feathers.

Depressive realism is a theory proposing that depressed people see the world more accurately.

Hawaii is the only place in the United States that grows coffee.

Ole, the Spanish exclamation commonly shouted at bull fights, comes from Allah, meaning "praise be to God."

President Lyndon B. Johnson's favorite soda was Fresca. He enjoyed it so much that he had a soda tap installed in the White House.

E, T, A, O, I, N, S, H, R, D, L, U, C, M, F, G, Y, P, W, B, V, K, X, J, Q, Z: represent the alphabet in order of frequency of use in written English.

### LAST MONTH'S SUDOKU SOLUTION

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# Anne Frank Center Diary Project

**By PEN America Center**

In an effort to reach out to prisoners and educate people on both sides of the "wall," the Anne Frank Center USA, in partnership with PEN American Center, has launched a Prison Diary Program for men and women in American prisons using the Diary of Anne Frank as an inspirational tool. Anne Frank herself was "imprisoned" for two years while in hiding and then was literally imprisoned in concentration camps during the last seven months of her life simply because she was Jewish.

The Anne Frank Center's diary-writing program provides writers involved with PEN's Prison Writing Program a blank journal, a pamphlet on diary writing, and a copy of A Diary of a Young Girl. Participants agree to keep their own diaries, writing about their lives and thoughts. When they finish filling their diary, they return the journals to The Anne Frank Center for possible publication on the internet and in print. If you wish to be a part of this program, write to: *Anne Frank Prison Diary Project, 38 Crosby Street 5th Floor, New York, NY 10013.*

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. - Melody Beattie

# SUDOKU PUZZLE

**By GEORGE LOWE**

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# RELIGION

## Religious Diets Made Available for Muslims

**By ALY TAMBOURA**

The California Department of Corrections and Rehabilitation (CDCR) is in the process of changing the California Code of Regulations (CCR) to include religious diets for Muslim prisoners.

The code change will allow Muslim and other prisoners, with religious dietary obligations, to apply for and receive halal meat in their daily meals. Currently the CDCR has two options to alternative diets outside of the normal food it serves to prisoners: vegetarian and Jewish kosher. The code change will add a third diet: halal meat alternative.

Eating halal food, with an emphasis on specific meat preparation, is a tenet of Islamic faith. According to Islamic law animals slaughtered for consumption must be dispatched humanely. The humane slaughter is performed by a Muslim (person of the book) using a sharp instrument to cut the animals vessels in the neck or upper part of the chest allowing for the blood to drain and reciting the name of Allah at the time of slaughter.

The proposed change to the CDCR regulations comes amid a growing number of law-suits filed by Muslim prisoners who claim that they have the right to practice their religion while incarcerated, which includes conforming to a halal diet. The law-suits are based on the Religious Land Use and Institutionalized Persons Act of 2000 (RLUIPA). The state asserts that RLUIPA "does not include religious dietary accommodations specifically for Muslim inmates." The petitioners in the law suites claim otherwise. The CDCR regulation change on its face is meant to quell the expenditures to answer the law- suits.

"The purpose of this action is to avoid future costly litigating and unnecessary expense to the taxpayers of the State of California," is written in the notice of regulation change.

According to the regulation change, the halal meat program will be available in all CDCR adult facilities state-wide. Participation in the program will be open to Muslims and other prisoners with religious needs to consume halal meat. Prisoners will have to apply for the program by filling out a CDCR 3030 form (Request for Religious Diet) and submitting it to the institutional Muslim chaplain who will determine eligibility.

The proposed regulation change is in the public hearing stage. There is dialog about the difference between providing halal meat and providing an actual halal meal to Muslims, which needs to be worked out. The implementation of the new religious dietary program is pending.

## AA's Prison History

***By*** **KENNETH R. BRYDON**
**Editor-in-Chief**

When documenting the greatest inventions of the 21th Century, Time Magazine included the Alcoholics Anonymous (AA) program in the top five. Its "12 Steps" have been the model for almost every subsequent addiction recovery program ranging from sex to gambling.

In June of 1935 there were two alcoholics who had found themselves facing a disease they were both convinced would slowly destroy them. Both wanted desperately to end what was eventually described in the Big Book of AA as: "Pitiful and incomprehensible demoralization."

The idea of one alcoholic helping another to end their own compulsion was not well known before then. By 1941 AA had gained a good deal of attention, including that of Jack Alexander. This investigative reporter was famous for writing scathing stories of the frauds he found. One can assume that he intended the same treatment for AA. Yet, the story published in the Saturday Evening Post spoke of his surprise at the honesty with which alcoholics helped each other while not focusing attention and fame on any one individual.

A likely reader of that story was San Quentin's Warden Clinton Duffy, who was searching for ways of dealing with 80 percent of his prisoners re-offending with alcohol playing a part.

That same year Duffy invited the AA program into San Quentin and it has been here ever since. With the help of a single prisoner, meetings began and very quickly the program showed its worth by drastically reducing the return of parolees who had attended inside meetings.

When AA members of two different groups, from Oakland and San Francisco, showed up on the same night, the issue of who would bring in the meeting was settled with a fist fight in the San Quentin parking lot – fellow AA members can laugh about such.

What eventually came from those bruises was a committee titled "Northern California Hospitals and Institutions (H&I)." Another tradition born was the "Pink Can," where outside AA meetings began donating money to purchase the program's literature for prisoners. AA quickly spread through prisons in California, all over the country and then the world.

AA continues to remain strong here at San Quentin where it all began. Meetings are held in H-Unit as well as in Education for North Block prisoners.

H&I currently brings 39,000 meetings a year to the 22 California prisons they cover. From the Northern California H&I came committees started in Southern California and the rest of the country. Last year the Pink Can collected over a half - million dollars for prison literature for Northern California.

# FAITH

**By DARRELL C. HARTLEY**
**Staff Writer**

The New Year began with fabulous proclamations of commitment and re-dedication to spirituality, healthful living, education and other important items of interest.

Unfortunately, the best laid plans have many accepting what was viewed as symbolic to their lives as misfortune.

It is only appropriate for one to attempt to reverse this trend by being introduced to something that they may have indeed overlooked: faith. It is defined as confidence or trust in a person or thing; loyalty or fidelity; a system of religious belief or in God. Of the three definitions, the latter garners the most interest. Faith is the one entity that can immediately bring results to your life. It is tantamount to the presence of God. Faith gives substance to our hopes, and makes us certain of the realities we do not see. In other words, just because you don't see Him, doesn't mean that He does not exist.

In addressing faith, distinguished author Dr. Emmet Fox once said, "God is infinite life. God is boundless love. God is Unfathomable Wisdom. God is Unspeakable Beauty. God is the Unchanging Principle of Perfect Good. God is the Soul of man."

The mercy and grace of God has allowed the vehicle of faith to become a time-tested recipe for refining and teaching how one can enjoy happiness, health peace, poise, power, prosperity, success and truth, by consistently allowing Him to reign in your life today.

## The Asatru Religion

**By ROCKY COTÉ**
**Contributing Writer**

What does it mean to study Asatru? In terms, it means to study a Northern (Heathen) neo-pagan tradition, or the Viking Religion. It also means the study of our Celtic and/or Northern ancestral traditions.

Being an Odinist, we stay away from hate, or hateful people. Our religion teaches us that our kindred celebrate life's joys and share its sorrows. Most Asatru are kindred and their activities are family oriented.

Today's modern pagans, and Asatru, are interested in working with other people, and with natural energies, *not* in manipulating or controlling other people.

This religion is not for everyone for two reasons. First, to study Asatru means you have ancestors' who are or were Vikings, or of Northern European origin, and second, Asatru is where we pray to at least nine or more Gods, both men and women, all having different responsibilities. We also have a prayer for each of the seven days of the week.

Our religion does not pass a collection basket around to ask for help. However, our kindred (family) know when we need help, and all come together for the betterment of our ways. Asatru does not put any other religion down for their beliefs, no matter what!

However, San Quentin has yet to recognize us. In asking the question of why, we recognize that we have our bad apples as does every other religion. It's our hope that *all* religions can be recognized, the Asatru is seeking to practice and study in peace.

The most important thing to remember is that there is a fine line between cultural pride and racism. Legitimate Asatrus do not cross it.

North Block Contact Information, Rocky Coté 1N40, Scott Stetler 3N63, Donny Croghan 4N31. *North Block*

## Day of Mindfulness

**By MICHAEL GALLARDO**
**Contributing Writer**

On Monday, Feb. 16, '09, amidst heavy rain and strong wind, the fifth annual "Day of Mindfulness" was held in the Buddhadharma Sangha at San Quentin State Prison in California.

Inside the 50-by-20 foot room located at the Garden Chapel area on the prison grounds, 14 inmates and 14 visitors from the "Community of Mindful Living" of Northern California celebrated the day with sitting meditation, walking meditation and Dharma talks (Buddhist teachings).

The event was made possible by the coordinated efforts of the members of the "Community of Mindful Living" and the inmates of the Buddhadharma Sangha.

The group shared a mindful lunch together, eating in silence, while sitting on chairs, *zafu* (sitting cushions) and *Zabuton* (meditation mats). Inmate Lindsey, from the prison Sangha, solemnly walked to the altar, offered the Buddha a portion of his lunch and later said to the group, "I am completely overwhelmed. Today is a very beautiful day."

Mindful living, the practice of complete awareness, is based from the teaching of Vietnamese Zen Master Thich Nhat Hanh, who has founded several 'Mindful Living' communities located around the world.

"Mindfulness gives us the tools to live our lives in peace in the midst of prison chaos," inmate Russo said about the practice. "Although this event was a Buddhist Religious program, the corner stone of our practice has always been, 'we are here for anyone, of any belief,'" Russo added.

Most of the visitors are involved in Mindfulness and Meditation programs in various jails, prisons or community centers in Northern California. They are proactive in their practice which radiates into the community.

The Buddhadharma Sangha, was established almost 10 years ago. Five inmates spent a year, rain or shine, sitting in meditation on the lower-yard. On Sept. 5, 1999, in the midst of a partial lock-down in the prison, the Sangha held its first service under Zen Priest, Roshi Seido Lee de Barros, from Green Gulch Farm in Marin County.

The prison Sangha, with volunteers from San Francisco Zen Center, Berkeley Zen Center, Green Gulch Farm and about 30 inmates, meet on Sundays at 5:20 to 8:00 p.m., practicing and studying the Buddha's teachings in the Soto Zen tradition. It also offers, from its library, a wide selection of books on all Buddhist traditions.

The Sangha held a *Jukai* (lay ordination) ceremony last year and in 2006 had completed the first intensive Zen training period held in an institutional setting with one inmate selected as *Shuso* (head student/monk).

At the end of the day, as the rain and gusty wind momentarily subsided, the group gathered in a circle and shared in a song together amid tears and the feeling of gratitude experienced throughout the day. "I fully understand now why you all come here," said inmate Thao, on his second day with the Sangha, as he walked back to the housing units with the other inmates.

# SPORTS

## The Challenge
### (Sports Commentary)

**By DAVID MARSHALL**

Once, long ago we all were young and anxious, waiting for winter to end and spring to come because the American pastime is coming! Yes, baseball will be here at S.Q. and there are those who can't wait and those who would rather see something else. But those of us that still believe that we are capable of throwing a ball, catching a fly, or making contact with their bat believe that this game is the greatest and are thankful for those who brought this game back to life here at S.Q.

The San Quentin Giants have had their ups and downs, but have managed through it all to never have a losing season since reinstatement. The challenge comes to those who know how to play, and want to play, but believe they don't have a chance because the team is already chosen. That, guys, isn't true.

The truth is that everyone must try out, and, if your skills are more so than others, then you may get the call or you may not. What matters is that you give your all, and do what you are supposed to do and your chances increase.

I treated people poorly at times because it was who I was. It sometimes seemed my strength. I always came to play, and came to win. I would try ways to sometimes fit in with those who weren't to my liking and that their demeanor wasn't best. I'm still that competitor.

Now, here I am over 50; one who knows how to win and having that same intention of wanting to be the best, and that comes with consequences. As with a lot of my failures and a lot of other things, baseball has always been my passion and will remain, as I feel fortunate that I can still play!

I always want to give back to this game I love; it's this game that I was challenged to play at an early age and can think on how it began.

San Quentin Giants Baseball Club 2008

## Let's Play Ball

**By JEFF BROOKS**

Once again the baseball season is nearly upon us.

On Saturday Feb. 28, and March 7, the San Quentin Giants baseball team will conduct try outs at 9 a.m. on the yard. All positions are available.

This year Kevin Laughlin will be the new manager at the helm of the San Quentin Giants. All baseball players are welcome to come try out.

Bring your "A" game, impress the coach and you could be playing baseball with "The Boys of Summer."

## SPORTS TRIVIA

**By DARRELL HARTLEY**

Who was the first black tennis player to win at Wimbledon?

A. Venus Williams
B. Zina Garrison
C. Althea Gibson
D. Serena Williams

Answer: C. Althea Gibson in 1957.

Which former NFL player was known for his white cleats?
A. Tony Dorsett
B. Billy Johnson
C. Earl Campbell
D. Franco Harris

Answer: B. Billy "White Shoes" Johnson wore light colored cleats because "they made him run faster".

How many Super Bowl titles have the Dallas Cowboys won?
1
3
5
6

Answer: 5. Defeated The Miami Dolphins (1972) Denver Broncos (1978) Buffalo Bills (1993) Buffalo Bills (1994) Pittsburgh Steelers (1996).

# OPINION

## *$200 For Parolees Doesn't Make It*

**By JUAN M. HAYNES**
**Contributing writer**

In 1974, the state of California began providing funds for newly released prisoners in the amount of $200. Thirty-five years later, in spite of inflation, an explosive rise in housing costs, and a state cost of living which is one of the highest in the nation, that $200 figure is as fixed as the granite walls of San Quentin State Prison.

According to the cost of living index, better known as the consumer price index (the most common measure of inflation), the price for goods totaling $200 in 1975 would have inflated to about $570 for those same goods in 2007.

It is not difficult to understand why newly released inmates step into financial dire straits on day one of their parole. The inflationary squeeze, coupled with the scantiness in housing and employment, brings the realization that the value of the 1974 $200, in 2009 times, is greatly diminished in its original conceptual purpose, listed in section 2713 of the California Penal Code, which was implemented to assist the reintegration of the newly released prisoner into society.

In 2003 while 160,000 men were incarcerated in California prisons, a mere 7,500 of those released had opportunity to take advantage of drug treatment programs. Recently, the California Department of Corrections and Rehabilitation, along with the state, have intensified their concept of drug treatment through pre-release, with links to residential treatment and housing assistance, which is encouraging.

Expanding this concept, with an emphasis on employment, would assist many more prisoners by providing treatment, housing and the jobs they desperately need for a successful parole.

The 1974 California Legislature's noble aim to aid the reintegration of prisoners into society, by providing $200, fell short of its goal then and continues to fail to offer realistic financial support to prisoners being paroled now.

Most parolees want to be drug free with a stable home and steady employment Providing a cohesive financial plan to men released from prison would be one step towards ending California's dismal 71 percent recidivism rate, and a concept that, if implemented, will help the reintegration into society of formerly incarcerated citizens.

## The U.S. Justice System, Moving Towards 18th Century France

### A punitive justice system and social disparity bequeath U.S with the largest incarceration in the history of the world.

**By KAMAL SEFELDEEN**
**Contributing writer**

According to the National Criminal Justice Commission, the U.S. has engaged in the largest imprisonment buildup of any country in the history of the world. Americans in prisons and jails have quadrupled to 2.3 million. Minority groups rate of incarceration increased tenfold. African Americans are incarcerated at a rate six times that of whites.

According to Bruce Western's study on Reentry, communities with few resources are facing additional social pressures by absorbing 700,000 returning prisoners each year. This disparity exists because African Americans are inclined to be arrested at higher rates than whites due to a police practice of racial profiling, and due to media depiction of African Americans and minorities in gangsters' images.

"Basic human equality is associated with full membership in a community," says the British sociologist, T.H. Marshall. Bruce Western writes, "The penal system was used to manage many of the byproducts of persistent poverty: untreated drug addiction and mental illness, homelessness, chronic idleness among young men, and social disorder. It was the management of these social problems, which fueled incarceration rates for drug users, public-order offenders, and parole violators." This analysis may explain the shift in American attitude from a moderate social conscious society to fearful and vengeful.

"It's an unjust system that one person gets life in prison for stealing a pizza, while a Wall Street Ponzi defrauds investors of $50 billion, ends up with a slap on the wrist," says L. McBroom.

The Council on Crime in America presented a study that tends to vindicate the rising cost of victimized citizens. It claims that direct costs to victims which occurred six months or more after the crime is more important than the fiscal cost of incarceration.

Fear has been used as a tool in enacting politically motivated laws. Supporting such a theory, columnist Ben Wattenberg writes, "A thug in prison can't shoot your sister."

Nixon launched the war on crime with a plan to criminalize anti-Vietnam War demonstrators.

Reagan's war-on-drugs justified U.S. black-ops in Central America. Politicizing the U.S. Supreme Court ignited mandatory minimum prison sentences and gave birth to Three Strikes Laws in many states.

Clintion's Anti Terrorist, and Prison Litigation Reform Acts launched the largest prison construction projects in U.S. history.

Post 9/11, fear of foreign terrorism was a key in enacting the Patriot Act Legislation, notwithstanding, calls for imprisoning forever any terror-suspect without trial. A reminder of 18th century France where French citizens who were deemed abhorrent to the crown was arrested by secret warrants called *lettres-de-cachet* and imprisoned indefinitely in the Bastille fortress in Paris.

The climbing costs of maintaining the penal industry has strained many states' budgets and diverted funds from schools and social programs to penal maintenance.

In New Mexico, prisoners rioted due to overcrowding and poor nutrition; it costed the state $38 million to clean up and repair the problem.

Overcrowding in Alabama state prisons led to the release of 222 inmates under federal court order on July 25, 1981. Similar action took place in Maryland, Delaware, Michigan, Illinois and New York.

*See* **Justice System** *Page 8*

# Justice System

*Continued from Page 7*

In California, the correction's budget reached $7.6 billion. During 2006's visit to San Quentin, a law enforcement German Delegation noted that California's Correctional budget is more than the annual gross domestic products of five African nations combined: Mali, Niger, Chad, Togo and Sierra Leone .

With 33 prisons operating over 200 percent over normal capacity, the cost of inmate medical care increased from $345 million in 1995 to $2.2 billion in 2007. The federal court had to place the prison's health care system under federal receivership. California is facing ongoing federal litigation about overcrowding.

The National Crime Victimization Survey, released by the Bureau of Justice Statistics showed violent crime in the United States is up 5.6 percent. These facts indicate that mass imprisonment and a punitive justice system did not deter offenders or protect society from harm, because "...that method failed to address the core of the social disparity," says Bruce Western.

# 'N' Word a Big Negative

**By THE CONCERNED**

One of the saddest scenes in San Quentin is a group of young black inmates laughing and calling each other by the "N" word.

The history of the "N" word alone is enough reason why no black person should ever want to use it. Some people claim its use will desensitize the word, as though it is a term of endearment.

Racists created this word and used it to put down an entire race. In the late 1960s and early '70s, there were a few years of black pride.

Black pride diminished greatly during the '80s, about the time of governments infiltrating black revolutionary groups and the killing and imprisonment of their leaders.

Now black communities are flooded with "crack" and blacks are killing each other over dope and colors. Some entertainers (rappers, comics) popularize the "N" word, to everyone's detriment.

Racists smile and love it when they see or hear blacks calling each other by the "N" word. They don't have to say it behind our backs any more; we do it for them.

We are not just a lost generation with no self-pride or dignity. It is time to re-establish pride in the black race as well as in the black male as a whole. America now has a black president, for the first time in history. It's time we get our black pride back.

## We Want To H From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

• Please limit your submitted articles to no more than 350 words.

• Articles may be edited for content and length.

• The newspaper is not a medium to file grievances. Use the prison appeals process.

However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

• Please do not use offensive language in your submissions.

• Art work is welcomed (i.e. poems, songs, cartoons, drawings).

• Letters to the editor should be short and to the point.

**Send Submissions to:**
**Education Dept. / SQ News**
**San Quentin, CA 94964**
**www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_Newsletter.html**


## San Quentin News

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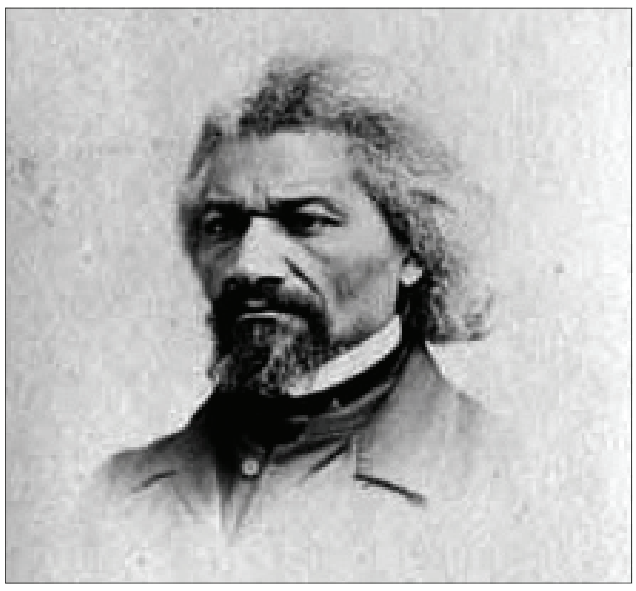
# 'Life and Times of Frederick Douglas'

Feb. 1818- Feb.1895

**By R.E. CALIX**
**Contributing writer**
**MICHAEL R. HARRIS**
**Managing Editor**



Frederick Douglass was born into slavery and self educated, learning to read and write despite the barriers against slave education. As a fugitive slave, Frederick was able to compose the best-known slave narrative in the history of world slavery while on the lam. Fugitive slave laws forbade the aiding and abetting of a runaway, and these laws were strictly enforced. His writings became a most powerful tool to be used in the fight against the institution of slavery in the U.S., as well as throughout the rest of the world.

He described the brutality of the practice of human bondage, describing his childhood separation from his mother, the brutal beatings he witnessed and received, and his determination to be free, while expressing his own humanity and the inhumanity of the system that kept him and his brothers and sisters as slaves.

Douglass willed himself into becoming more than an object of exploitation. He developed into a great African American hero and leader. He played a leading role in 19th century reform as an adviser to President Abraham Lincoln, and in other areas of government. Slavery played such a dominating role in American politics, succumbing into the nation's only civil war, which eventually ended the system of slavery. Douglass was a leader for all Americans. Steadfast in the struggle for women's rights and African American suffrage, he spent his life working toward integration and civil rights. His autobiography was an international bestseller. On a world speaking tour, he was able to exemplify the best in the human spirit, and the ability to transcend any manmade boundary.

His special gift to America lives on in the works of African American literature during and after the "New Negro" Harlem Renaissance; and in the passage of the Fourteenth and Fifteenth Amendments to the U.S. Constitution which together gave black people the right to vote. The struggle to overcome the evil of the slave system has created many stars and heroes in American democracy, even as the inequalities continue to evade justice. Douglass is the standard-bearer for liberty and the pursuit of happiness in this, the most free of lands. We applaud and celebrate this symbol of the "North Star". To freedom, we march on!

# Administration Answers Ad/Seg Concerns

**By KENNETH BRYDON**
**Editor-in-Chief**

In the Jan. 2009 Edition of the S.Q. News, the article "Administrative Segregation: One Giant Leap Backward," was printed. The article focused on the reported conditions which North Block prisoners encountered.

On Monday, Feb. 22, 09, an interview was conducted with the warden's administrative assistant, Correctional Lt. R. Luna. The following questions were posed to Luna. He provided the subsequent answers:

Q: What is the policy for approval of the S.Q. News? A: The story is submitted and reviewed for content. Q: What content are you looking for? A: Making sure the facts are correct. The whole reason we have S.Q. News is rehabilitation. It helps Vocational Printing and building job skills. Q: What problems did you observe in the article printed?

A: It was one-sided. I cannot speak to inaccuracies in that it hasn't been investigated. This was the opinion of four individuals when the unit houses 400. The use of slang, "The Hole" wasn't accurate: it is Administrative Segregation, and individuals only go there when it's determined that the inmate may either be a threat to others or is threatened by others. Q: What is the official position concerning the conditions in Ad/Seg? A: We meet the standards of housing an Ad/Seg unit.

Lt. Luna then stated: "Inmates are not there to live the 'good life.' Ad/Seg is a management tool meant to be an incentive to program. They have a chance to understand that they have opportunities. When an inmate does have privileges, they should appreciate what they have. What I got from this was these Lifers were accustomed to a more comfortable living standard, and they were then exposed to a situation that took them out of their comfort zone.

"We were privileged to have a warden who gave us back this paper. By no means did the S.Q. News try to glorify or degrade anyone. This is a neutral newspaper with the goal of professional journalism. What they want to do is report what is important, and to give the inmate population information that they are starving for. This information is not just for S.Q., but also for the rest of the institutions and all over the U.S. This is the best prison newspaper in the country."

A following interview was conducted with Facility Capt. B. Grundy, who supervises the Ad/Seg unit. His statement is as follows: "I take full responsibility for the unit, staff, as well as the inmate population. I realize it is a difficult situation we're in, trying to find a balance between the population and providing all the security and the required services at the same time. I feel that the S.Q. News is a good thing.

"However, the article in question here, gave the appearance that it was being utilized as a conduit for airing grievances, and there are already plenty of forms in which we can do that (602, verbal, written letters). Everyone can use that forum in full. We do not need to utilize the S.Q. News for a medium to duke it out. My hope is that S.Q. News can continue in the spirit which former Warden Ayers intended."

San Quentin Print Shop

# San Quentin News

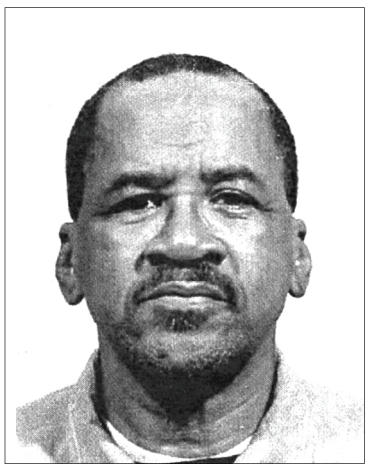
THE PULSE OF SAN QUENTIN

VOL. 2009 NO. 3 | MARCH 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION:5,214


# Their Exodus

## *Three Lifers are on their way to start new lives outside*

The exodus of Lifers from San Quentin to freedom is no longer a rare occurrence. Yet, the parole of a Lifer is still worthy of celebration as it encourages all of us to persevere. Lifers Patrick Mims and Edward Payton were paroled in March 2009. Jerry Elster's parole date has been approved by the Governor. We offer their insight on their years of incarceration and imminent freedom as a way to give hope to those of us still struggling for parole.



**Edward Payton**

Edward Payton was 33 years old when he was imprisoned for a murder he describes as the shooting of a 22 year -old man who "tried to take advantage of my 13 year- old daughter."
He recalls that he reacted emotionally after he confronted the young man who answered him roughly.. Payton regrets to this day, that action he took 33 years ago.

Payton emphasized that we should try to surround ourselves with "thinkers" rather than people who are emotional. He took a man's life because he reacted angrily to that person's remarks.

"If a person is not capable of thinking for themselves, they can not think for someone else. And that's for male and female," he said.

"If I was thinking instead of allowing emotions to take over, no matter what was said to me, this would never have happened," he added. "Nothing was worth me taking someone's life. That's what happens when you don't allow yourself a chance to think or are incapable of doing so. Thinking is an art."

Originally from south New Orleans, he anticipates rejoining his two sons, two daughters and 11 grandchildren and adjusting to freedom. Payton said what he missed most was "the love and affection of my family. I regret that I was not able to lead my family spiritually from prison." As the eldest of five children he feels a responsibility to demonstrate to his family the kind of love and affection he was shown as a child growing up.

*See* **Exodus** *Page 2*

Van Jones speaking at San Quentin (Photo by Troy Williams)

***' There is an opportunity to do something extraordinary in San Quentin'***

***'...to leave from these walls and go out and repower and retrofit America'***
***—Van Jones***

# Obama's Green Czar Seeks The Help of S.Q. Inmates

**By MICHAEL R. HARRIS**
**Managing Editor, and**

**STEPHEN LIEBB**
**Staff Writer**

"The President and the country need your help."

This was the message from Van Jones to an audience of more than 150 inmates in the San Quentin Protestant Chapel.

On Friday, March 13, 2009, three days before reporting to begin his job at the White House as President Obama's Special Adviser for Green Jobs and Enterprise and Innovation, Jones said, this was one of his last public appearances where he could give his unvarnished personal views. "Today I can say what I want to say, what is important to me and what is in my heart," Jones said, explaining that beginning at 9 a.m. the next Monday all his remarks would be prefaced by, "the President says."

"This moment here at San Quentin can be a turning point for the whole human race," Jones said. "San Quentin can take healing and recovery to a different level."

Jones explained that San Quentin inmates are in a unique position to help because they are individuals that have gone through breakdowns and recovery. Some of the top minds in this country "never had a bad day or a bad year, he said. "Crisis is something that is new" to them, but not new to prison inmates, he explained.

"Sometimes a breakdown is what is required before you can have a breakthrough. The country is going through a breakdown, it can lead to a breakthrough, Jones said.

Jones argued that it is useful to "talk to people who have walked through the process of recovery. Sometimes it's not easy, not always a straight line."

The "Green Agenda" that Jones described means giving a second chance not only to things, through recycling, but also to people. "If a soda can, can have a second chance, can a human being? he asked.

*See* **Obama's Green Czar** *Page 4*

# *The Man in Black Is Back: Johnny Cash Tribute Concert*

**By DAVID MARSH**

From the very first raucous, rollicking, foot-stomping guitar chords that rolled forth from the band's introduction, it seemed quite certain to everyone gathered in the Garden Chapel, inmates, guards and free-staff alike, that somehow the legendary "Man In Black" had accomplished the impossible. That somehow the country music icon had managed to find a way to cheat the hands of fate and come back to perform one more time for the appreciative prisoners of San Quentin. To celebrate that long ago memorable performance, 40 years to the day, when his by now well-known ballads had reached out to rock the walls for an appreciative audience in the venerable prison-by-the-bay.

Dyann Mazzeo &
David Stone

With a performance that seemed indeed worthy of the 40 long years of wait, the looming specter of the late country music giant virtually lit up the stage in the dynamic person of Philadelphia native David Stone and his three-piece band, *The Johnny Cash Experience.* Accompanied beautifully by the powerful melodic voice of Dyann Mazzeo (June Carter Cash) on each of the notable Cash duets, the polished impersonator/showman from the City of Brotherly Love moved his band smoothly through song after lively song in the 24-song set in two nearly flawless performances.

During both a matinee and evening performance Feb. 24, the celebration of Cash's original performance at S.Q., Stone and his band proved to over 500 people in the audience, including wardens both past and present, that he can produce on a promise to deliver "accurate, authentic, note-for-note representation of the Johnny Cash Show." And deliver is just what they did!

*See* **Johnny Cash** *Page 2*

# Cullen Selected As Chief Deputy

**By KENNETH R. BRYDON**
**Editor-in-Chief**

The certainty of change came to San Quentin on Feb 2 when the new Chief Deputy Warden (CDW), Vince Cullen, arrived, and he's indicated that he will be "…heavily involved in the effective delivery of institution programs."

The duties of a Chief Deputy Warden, are the day to day internal functions of the institution.

Cullen began with the CDCR in 1990 working in Sacramento for its Institutions Division. In 1992, he transferred to California Medical Facility, where he began as a Budget Analyst. In the next 15 years, Cullen went from Plant Operations Supervisor to Manager, the Correctional Business Manager, an

CDW Vince Cullen

Associate Warden of Business Services, Central Services, Special Programs and Mental Health.

*See* **Second in command** *Page 2*

# Johnny Cash

*Continued from Page 1*

From the characteristic Cash dip of the head, the stiff neck, the lip constantly lifting at the corner of the mouth in the trademark outlaw sneer, the deep-south style flourishing bow to "June Carter" on the duets, to the unquestionably Cash-like baritone backed up by the simple chords that so many in the audience grew up tapping a foot to, the show was typically Johnny Cash!

**'BROADWAY QUALITY'**

Stone approached the administration of S.Q. with the idea of a tribute concert to celebrate the appearance by Cash at the prison, during which he taped a "live" album. He bills his show, "The Johnny Cash Experience," as *total authenticity and Broadway quality,* and none in the audience could doubt the veracity of Stone's claim. Stone agreed to assume all expenses incurred for the performances.

Stone estimates that he has played over 1,000 shows since 2001, in clubs, casinos, fairs and small theaters primarily up and down the East Coast. From Philadelphia to Maryland, Boston to Miami and all points in between, and now all the way to S.Q., this man in black has wowed audiences like ours with excellent country-western entertainment. He formed his current band three years ago.

Drawing from a set-list of tunes which included many taken from the 1969 album *Johnny Cash At San Quentin*, the polished showman held the appreciative audience captive while doing his part to cement the legacy of the original "Man In Black." The presence of the country music legend continued to hover in the chapel throughout each show.

In a crowning moment that was typically vintage San Quentin, North Block inmate Richard Poma took the stage with Stone to share with the audience his own unique talent. As Stone broke into the opening chords of the Old 97, Poma cut loose with his distinctive locomotive imitation that had the folks in the chapel thinking the old train engine was indeed barreling down on them. And with that, the crowd roared it's approval.

On the evening prior to the concerts, Stone was given a walk through of North Block to allow him to meet some of the inmates. He was approached by Sgt. O. Nollette who inquired of Stone if he would be doing any of Cash's old train songs. When Stone assured him that indeed that would be the case, Nollette told the singer that he had just

Richard Poma on Train

the man for him. Poma was summoned, an audition was given, and the result was some truly memorable moments which only served to hi-light an afternoon and evening of truly unforgettable music.

**'COMMITED' OPENS**

Stone mesmerized the audience with his self-written ballad "Back Again", a song of Cash's return to a venue that he had performed long ago, S.Q.. It was a song that could have easily been written by the late, great country singer himself.

The S.Q. band, Committed, a seven-piece funk and jazz band, opened both shows for Stone and used their mellow sound to set the stage for things to come. It was truly one more in a long line of memories for a prison that has so many.

# *Second in Command*

*Continued from Page 1*

In March 2007, he returned to Sacramento to be Chief of Office of Project Management, and then to CSP Solano to be the Project Leader for the roll-out of AB 900. "CSP Solano is the pilot prison for developing rehabilitation programs," Cullen said.

**THE NEW TITLE**

When Cullen was asked what adding the title of "Rehabilitation" meant to him he stated: "True rehabilitation programs are a mix of education, work, and other related programs that prepare an inmate to successfully integrate into society."

Asked what changes he would like to see, Cullen said, "The short-term inmates won't see changes. People need to understand patience in the roll-out of rehabilitation."

He indicated that Solano will be the pilot, testing out what then will come here.

Cullen continued, stating, "San Quentin won't see any immediate change in the near future, perhaps late 2009 or 2010."

SQ News pointed out how some policy changes tend to have a negative impact on prisoners' programs, Cullen responded: "Any time you have a pattern of security breaches, the inmate population should expect that temporary restrictions of some facet of our operation is necessary whatever the issues that arise."

Asked to name his top objective, Cullen said, "To make incremental changes so from one week to the next we're constantly improving in the over-all institutional operations and the delivery of effective inmate programs. Warden Wong and myself believe in taking small steps toward change rather than radical modifications."

**CAROLE HOOD'S ROLE**

Cullen indicated that Carole Hood, Chief Deputy Secretary and her staff in Adult Programs would be very involved.

SQ News asked Cullen how this all might impact and involve Lifer prisoners. "There's a lot of external interest in how AB 900 will postive impact them terms of their participation," he said "Lifer populations will be a part of our focus, and they may find some interesting results of such."

# Exodus

*Continued from Page 1*

After serving in the Marines, Payton went to Detroit from New Orleans to live with his brother, Lawrence Payton, and his family.

"I liked the city of Detroit so much I did not go back to New Orleans. What interested me the most was that as a master barber, I was able to open my own business and make a lot of money doing hair styles and cutting hair."

Payton's brother, Lawrence, was a member of the Four Tops. He died of cancer in 1997, which still saddens him.

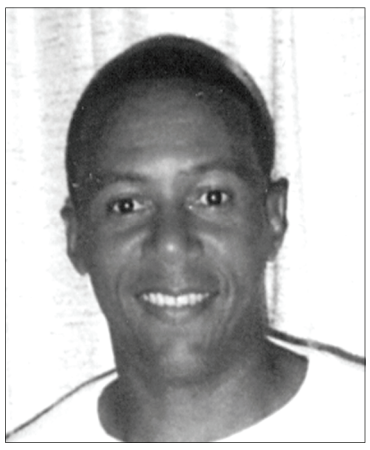
Payton said he never gave up hope of being released. Two days before his release, Payton said, "I have clear thoughts. Now I can see positive change. Before there was doubt that I could do the things I wanted to do.'

He said imprisonment restricts our thoughts and keeps us from being the complete "you, that you can mentally and spiritually be. It's like being a scientist without the use of a laboratory to do experiments."

His advice to others is to educate themselves and maintain a positive outlook on life. "The only people I have seen fall by the wayside are people who have given up on themselves."

Over the past 33 years he has educated himself, "something I may not have done on the streets."

Payton said the reality that he was going home struck him when he received a letter from the governor declining to review the parole board's decision to grant him parole. He removed the letter and read from it. Contemplating the fact that his cell would no longer be home, he said, "I feel good about that. I'm feeling freedom. Once your mind opens up to the manifestation of the reality of freedom, now you know that you have the ability to put your plan in action."



## Patrick Mims

After more than twenty years of incarceration for second-degree murder, Patrick Mims acknowledged his victim was "a fine young man named Kevin" and he expressed "feelings of joy for the reality of going to live my life. At the same time I'm feeling sadness for the good men I'm leaving behind."

He recalls that he had a "distorted perception of reality" and after about "four years into my incarceration my transformation started." He expressed a desire to reunite with his family and "honor Kevin and his family by doing good work and serving my community."

Twice the Board of Parole Hearings found him suitable. The governor reversed both dates. At his last board hearing, Mims received a three-year denial. A successful challenge in the state courts to the governor's reversal of his second date resulted in his recent parole.

Mims stated: "My faith in God sustained me through it all. The obstacles were challenges; I looked forward to facing the challenges. I found hope in my successes while in prison, the more I achieved the clearer it became to me that I would become a 'physically' free man someday."

Mims was chosen as one of the first nine men to participate in the Victim Offender Education Group [V.O.E.G.] of San Quentin.

He said, "V.O.E.G provided me a safe place to talk about my crimes against society, my personal history in regards to my relationship to others and the impact all of this had on my life. This in turn helped me to understand how I got to the point to where I could commit the horrible act of murder."

His belief in the effectiveness of the program led him to become a co-facilitator in the program and develop an 18-month curriculum for a continuation program called The Next Step.

He says he is proud that he has developed from an "uneducated substance- abusing child into a mature, responsible, compassionate, loving and caring man."

Mims offers this advice to Lifers still awaiting their day of freedom: "I would suggest that individuals who have made a sincere change within their hearts, keep in the forefront of their minds that they are not their crimes of 20- plus years ago. The shame, the guilt, and the self persecution are not a healthy way to live the rest of your life."

## Jerry Elster

Jerry Elster's life sentence of more than twenty-five years ended in March 2009. He has several months of a consecutive sentence left to serve but still experienced the joy of having the governor agree with the Board that he was suitable for parole.

Elster spoke about "the awesome power of God, who was able to forgive me and look aside from my shortcoming. God took a gang member and thug and gave him a spiritual heart."

He awaits a joyful reunion with his mother. He overcame the disappointment of being found suitable for parole on two prior occasions, only to have the governor reject them. He states that he and his supporters felt "devastated" after the governor rescinded his first date in 2005.

"I had to really put my trust in God, because the world seemed to have turned their back on me," he said. He faces freedom with "no fear but plenty of anticipation of how I will learn to maneuver through life as I've learned to do inside."

He feels that the parole process "forces a man to take responsibility, not only for the crime, but for practically every questionable area of his life."

"I think that more emphasis should be placed on rehabilitation and restorative factors rather than politicizing the process, he added."

A key figure in the creation of numerous self-help groups, Elster has mentored inner city, at risk youth in programs such as No More Tears, Real Choices and S.Q.U.I.R.E.S. An articulate spokesman about gang violence and how to help young people avoid its snares, Elster was featured on a recent Dr. Phil program that was taped at San Quentin. He said that a major goal for his life to trying to reverse the pain he caused by his former life of gang violence.

Elster reminds all of us to "never stop believing in second chances." He credits his wife, Miki, as being a source of strength and stability. Her patient resolve and belief that he would be free helped him endure the arduous parole process.

***—Michael R. Harris***
***Managing Editor,***
***Stephen Liebb***
***Staff Writer and***
***Julian Glenn Padgett***
***Contributing Writer***

Volunteers watch as a sea lion is released on its way to freedom

# Rehabilitation

## Another Place Where It's High on the Agenda

**By LEONARD RUBIO**
**Vocational Machine Shop**
**Leadman**

No, I am not writing about the California Department of Corrections and Rehabilitation (CDCR) and the Federal Receiver appointed to oversee the medical conditions within the CDCR. I am writing about the collaboration between San Quentin's Vocational Machine Shop and the Marine Mammal Center (MMC), a non-profit organization located in the Marin Headlands. In 2004, these two organizations began a collaboration to help the students of the Vocational Machine Shop and the Vocational Sheet Metal Shop gain real world experience while helping the MMC to rescue, rehabilitate back to health, and then release marine mammals to their freedom.

The collaboration between the two organizations has been mutually beneficial. The MMC has been able to have three seal carriers manufactured and a couple of seal carriers repaired. Leonard Rubio, the leadman in the Vocational Machine Shop, re-engineered the seal carrier to create an improved design utilizing Autodesk Inventor Professional 9 computer-aided design software that was donated by Autodesk, Inc., a software company located nearby in San Rafael. The MMC donated a new Gas Tungsten Arc Welder (aka: TIG and Heliarc) to the Vocational Machine Shop as well as all of the materials required to manufacture and repair the various projects.

In addition to the donated welder, the Vocational Machine Shop has had a wonderful opportunity to give back to the community while gaining experience with a "real world" project. There has also been great pride in knowing that we were manufacturing something to help another life gain it's freedom from captivity!

**MARIN HEADLANDS**

This past year the Vocational Machine Shop delivered a repaired "Seals-On-Wheels" carrier to the MMC. This carrier is utilized to move seals and young sea lions that are being rehabilitated at the MMC in the Marin Headlands. The carrier was almost completely rebuilt due to its original construction from mild steel that deteriorated from corrosion caused by salt water. The carrier was rebuilt using stainless steel and aluminum that are more resistant to corrosion from exposure to salt water.

**BUILDING THE CAGE**

The rebuild consisted of reverse engineering most of the carrier, redesigning the doors, disassembly of the carrier, creating a new parts list for the MMC to purchase all of the necessary materials for the rebuild, receiving the purchased materials from the MMC, manufacturing the new Sheet metal doors, gas tungsten arc welding various parts of the carrier, and reassembly of the carrier.

The carrier was rebuilt through the efforts of students in both the Vocational Machine Shop and the Vocational Sheet Metal Shop.

William Branson, Robert Markrell, Jeff Langnese and Leonard Rubio were the students that manufactured the project within the Vocational Machine Shop.

Hector Oropeza, Noel Valdivia, Felix Lucero, and Bert Boatman were the students that completed all of the Sheet metal forming of the project within the Vocational Sheet Metal Shop.

The "Seals-On-Wheels" carrier was the second carrier repaired for the MMC. Three other brand new carriers have been manufactured for, and delivered to, the MMC between 2005 and 2007.

The MMC has been so pleased with the quality of workmanship that they requested that the Vocational Machine Shop design and manufacture a larger carrier for transporting and rehabilitating mature (large) sea lions. Leonard Rubio is working on the design for the sea lion carrier as well as developing prints for the manufacture of a net for rescuing injured seals.

The partnership between the two organizations has been wonderful. On March 10, 2009, the Marine Mammal Center had a group of its employees and volunteers come out to San Quentin for a visit and tour.

# Finding Peace Through Yoga

**By JW WILSON**
**Contributing Writer**

Before I actually started attending Yoga I thought of it as some religious cult aligned with the Buddha. That was my truth then. I would see people in weird positions in magazines and or television, somehow I knew that laying on a mat in those positions had to be painful and could never be good for me. So while attending a weekly T.R.U.S.T. meeting I heard about some members attending Yoga sessions.

After much contemplation I decided to give the Buddha and Yoga a try. Now after almost a complete year of Yoga I can share with you these new truths I've come to know:

1. Buddha, although he may have meditated has nothing to do with Yoga.
2. Yoga, as defined by Webster's dictionary is not a religious-cult; it is a system of exercises for attaining bodily or mental control and well-being.
3. Yoga has improved my mind and body connection. I am now more attuned and aware of not only the condition of my body but also to other things around me. I have achieved greater flexibility and have finally learned to breathe and stay in my mind while in relaxed positions like child's pose, or in more challenging positions like downward dog or warrior.

Bringing my thoughts in line to concentrate on nothing but the moment – my breath and the feelings in my body, has been one of the most challenging things for me. Learning to really focus and free your mind from all other distractions except for the occasional voice of our instructor, Katchie, who encourages and reminds us to always be "minding your business," a mantra we've since adopted is not an easy thing to do. But I've learned to apply this in my daily walk. I've learned to think of the body as a community, and when there is something wrong in your community, you'd like to fix it.

I say Peace –Peace –Peace to all the beings in the universe. Namaste.

# Health and Wellness Corner

The San Quentin News " Health and Wellness Corner" column runs every month. A University of California, San Francisco health professional student will answer questions that you submit about health issues. Inquiries will be answered in the next month's paper. Feel free to ask us questions about any medical concern that you have, and it may be answered so that everyone can benefit. If you have a question, put it in a U-Save-Em envelope addressed to: "**Health and Wellness Corner," UCSF Doctors** (Dr. Shira Shavit) **– Medical Box**. If you include your name and number, they will be kept confidential. Note that this column is for general medical questions.

We would like to thank you for your submissions. This edition, we will address the following question:

"Why is physical activity important for me?"

You have heard your health care provider tell you that physical activity is important, but how many have told you why? The short answer is that physical activity will improve your health. Since "health" is so broad, let's look at some of the specific ways that activity is important. Physical activity will:

- Lower your risk of heart attack, stroke, diabetes, high blood pressure and cancer.
- Make you feel more calm and happy by lowering anxiety and depression.
- Help you control your weight down
- Develop your muscles, bones and joints.
- Help you maintain your strength and prevent falls as you get older.

You should do at least **30 minutes** of moderate physical activity **at least five days a week**. This may mean 30 minutes straight, or a total of 30 minutes (for example, 10 minutes three times in one day). "Moderate" physical activity means that your heart may beat faster, you may sweat, your breathing may get heavier, and you should be able to carry on a conversation while you exercise whether you are walking, sweeping your cell or playing tennis on the yard.

For those who like a more intense workout (during which you are out of breath, you are covered in sweat, and your heart is beating really fast) you should be active for **20 minutes** at least **three days a week**. It you are already exercising this much, considering increasing your routine. If you don't currently exercise, start with just 10 minutes and do more over time.

It is important to mix up your routine, with strengthening and stretching. The next time you are out on the yard, mix up your workouts! Play basketball, do push ups, run in place, do jumping jacks, stretch, walk, play baseball, jump rope and practice yoga.

Remember that physical activity doesn't have to be hard to do or hurt to be effective. You will feel better and live a healthier life.

# Lawrence Decision Offers New Hope

**By HECTOR OROPEZA**
**Contributing Writer**

Many Lifers hoped that the California Supreme Court decision in *In re Lawrence* would automatically open the door and set them free. The *Lawrence* case has invalidated the pattern and practice of using the crime itself to continually deny parole without an articulation of, and factual support for, a finding of a "nexus between those factors and the necessary basis for the ultimate decision - the determination of current dangerousness."

**A LONG HISTORY**

However, on the same day it decided *Lawrence,* the Supreme Court held that there was some evidence that another inmate posed a current danger to public safety because the inmate had a long history of abusive, violent, sadistic behavior toward his wives and daughters, especially after consuming alcohol. He never developed an understanding of his alcoholism and had difficulty discussing his daughter's allegation of rape, incest and domestic violence. *(In re Shaputis* ).

In most board hearing transcripts that I have read, where suitability of parole is denied , it appears that the board is using the language of the latter case as a template to deny parole. The board either ignored the psychological evaluations that determine that the prisoner poses a "low threat" to public safety if released, or disagreed and replaced it with their own findings. Lifers need to do more work and continue to push the door open.

Lawrence is only a roadmap to follow in seeking parole through the board and courts. I recommend that everyone read this case and use it to prepare for the board and courts. Although it would be nice if everyone could afford to hire an attorney to prepare a petition for writ of habeas corpus, several Lifers in North Block and beyond have succeeded in filing their petition for writ of habeas corpus without an attorney.

The Judicial Council has prepared an application for petition of writ of habeas corpus with the nonprofessionals, or lay person, in mind. The form, MC-275, can be found in the law library and has straight up questions that can be answered with a simple sentence, or yes or no. The instructions are clear. For example, on page one, the petitioner must put his name and address, the name of the court, the title of the case (petitioner's name vs. the warden's name).

On page two, check the box that says "Parole" and state your name, where you are incarcerated, what is the nature of the offense, what penal code violation you were convicted of, etc. On page three, you state your claim (Who did what, when they did it, and how the court should remedy the violation). For example, using the Lawrence case, one can claim: "The board of parole hearings violated petitioner's state and federal due process when they failed to provide a nexus of his current dangerousness when it denied him parole for three years."

**SUITABILITY FINDING**

This is just an example. You will then explain briefly in part (a) "Supporting facts:" That on the date of the hearing, petitioner appeared before the BPH for his nth subsequent hearing and was denied parole for x-years.

The board stated the reasons are as follows .... The record or state and federal law do not support the board's findings. The psychological and petitioner's prison behavior supports a suitability finding and the board did not provide any evidence that petitioner is a current threat to the public if released on parole.

In part (b) submit supporting cases which a current listing of can be found in the law library.

# Freedom Gate

## Warden Johnston's innovative ideas

**By R.E. CALIX**
**Contributing Writer**

More than 60 years after opening its doors in 1852, the California prison system was quickly becoming a breeding ground for incorrigible and hardened convicts. From each corner of the state these men had been cut off and sectioned apart because they had become a threat to the common welfare of the state.

Former U.S. Supreme Court Chief Justice Warren Burger proposed: "We must accept the reality that to confine offenders behind walls without trying to change them is an expensive folly with short-term benefits — winning battles while losing the war."

In 1912, as a "new man," Warden James A. Johnston took charge of his wards with urgency and no time wasted. In his book, *Prison Life Is Different,* he writes, "Already I had come to the conclusion that crime couldn't be punished out of individuals, but that probably individuals could be educated out of crime." Johnston's objective here was not to be soft on crime, but instead to be smart when dealing with criminals. In 1915, at his behest the office of Educational Director was introduced.

He said, "It gave the Educational Department a definite place in receiving and therefore training inmates to go out better than when they came in."

Under Johnston's reign, it could be said that when a man entered through the doors of San Quentin and Folsom he was in effect walking through a gateway to freedom. In recent times the precious benefits of education were voiced by an unknown inmate: "My involvement with college has opened my eyes to all of the things that were wrong in my life. Now I have a sense of priority, a sense of accountability, and have made a legitimate promise to myself on which to build. My needs are still important, but not at someone else's expense."

After retirement in 1925, Johnston worked as chairman of the California Crime Commission and as director of the Department of Penology. Close to 50 years later, San Quentin continued the work of reaching, teaching and changing the men with a slew of independent study and academic programs, with over 65 percent enrollment.

In parting, the warden quipped, " Personally, I don't think we are suffering from any lack of laws; we have enough and to spare. I believe that our greatest difficulties and our greatest opportunities are in the field of prevention, in a better use of social, economic and educational agencies."

The term for a "new man" who decides to take a stand and act independent of his group is called a maverick. It was true for Johnston in the early years of a 20th century prison boom. His vision for the department was connection in corrections, and it turned many convicts into productive men.

Johnston was consciously conscientious in the quest for reforming and correcting the men who happened to be walking through the steel doors at San Quentin and Folsom. His ideals of bibliotherapy live on.

# Obama's Green Czar

***Continued from Page 1***

Jones said there are no throw away children, people, communities or nations. "We need genius. We need entrepreneurial brilliance, people who can re-imagine possibilities -we need you," Jones said to the San Quentin inmates assembled in the Protestant Chapel. "Some of the wisdom and genius we need is not going to be found on Wall Street, it's going to be found in this room."

Declaring, "There is an opportunity to do something extraordinary in San Quentin," Jones proposed building a cadre of people who could "re-power and retrofit America." He explained that the stimulus bill that Obama passed provides between $100-$150 billion for renewable energy and to create new industries.

Describing Obama as the "first green President," Jones urged that we should build a green economy that provides equal opportunity. "You should be able to access the opportunities," Jones stated.

Jones sees the green agenda as "a return to wisdom. Every time they are saying the word green, they are paying homage to your great- great grandmother" who understood our relationship to the earth.

Jones explained that everyone comes from tribal people and the "whole of the earth is holy land." Colonizers are responsible for imposing a different view of the earth than the one the indigenous peoples had, he explained. Colonizers said that the earth can be bought and sold and that only things above are holy. Colonizers referred to indigenous peoples as savages for considering trees, rocks and rivers as sacred. Colonizers "put a price tag on everything," he said.

He said, "because of Barack Obama American is back for the very first time. We will take America forward."

Jones described the green economy as a fiscally conservative approach to money. Spending on green lowers energy consumption, creates jobs and reduces pollution through retrofitting, he explained.

***"We need genius. We need entrepreneurial brilliance, people who can re-imagine possibilities -we need you."***

Jones' appearance at San Quentin was sponsored by a council consisting of San Quentin self-help groups, Keep'in It Real; T.R.U.S.T.; M.O.M.A.S.; REDEEM and with the assistance of the National T.R.U.S.T. and Urban Strategies.

Michael Harris introduced Jones to an audience that included ActingWarden Wong and Chief Deputy Warden Cullen.

Describing Jones as "Yale trained and community tested," Harris said, "This is a special day. We have a distinguished speaker. He is about to change the world. I know that's a powerful statement. But when you hear him speak, I think you'll agree with me."

Jones, a 1993 graduate of Yale Law School, is the author of The Green Economy: How One Solution Can Fix Our Two Biggest Problems .He is the founder of Green for All, which aims to create jobs and opportunties in the green economy for those in economically disadvantaged neighborhoods. His long time involvement in the civil and human rights movements includes the co-founding of Oakland's Ella Baker Center for Human Rights.

Harris proposed the creation of a Green Technology Learning Center in San Quentin in honor of Van Jones whose ideas for uplifting the disenfranchised will be part of President Obama's economic recovery program.

Chief Deputy Warden Cullen said, "We are committed to this. We are going to be involved. We are going to make San Quentin the first institution in the country to go green." He asked for patience in accomplishing these goals.

# H-Unit Calm Class Holds Graduation

**By DAVID MARSH**

In a ceremony held at the H Unit chapel Thursday, March 5th, an additional 25 students joined the over 300 inmates who have successfully completed the course curriculum of the Conflict / Anger: Lifelong Management (CALM) class.

The course, a mainstay of the STAND-UP program, is designed to meet the needs of inmates newly arriving in the H Unit and, according to instructor Ms. D. Searle, is intended as an initial safe haven for them as they adjust to the structured prison environment.

The 272 hours over 34 days of classroom instruction feature the use of intensive journaling as a tool of introspective self discovery intending to lead each student to better self awareness, says Searle. She leads one of the two CALM classes, the other is taught by Ms. A. Sufi.

Each class, composed almost entirely of volunteers, studies topics which include: Anger Definitions, Communication Skills, Relationships, Personal Health, Job Preparation and Community Resources. . A variety of outside speakers are brought in to share information with the students throughout the eight weeks of instruction.

"The goal," Searle said, "is to have each student better equipped when they leave. To have the tools." If you get people to change the way they think, according to Searle, then in turn their behaviors will change.

The brief ceremony, during which the students received certificates of completion, was attended by Education Principal T. Roberts, Vice-Principal D. Sheldon, Distance Learning Coordinator (STAND-UP) Dr. V. Matheny and Lt. D. Dorsey.

From all appearances the graduation was intended to signal a beginning, rather than an end, for the students.

# ARTS & ENTERTAINMENT

## Poetry

### Acolyte

*One day, while wandering in the desert,*
*He found himself—developing his spirit;*
*And things were going well, until his hairshirt*
*Got ripped by a devil's jealous fit.*

*And then the universe offered this truth:*
*A woman chose this man to participate*
*In her delusion she could use her youth*
*A beauty to prove she's Venus incarnate.*

*Unraveled totally, chose to weave*
*Her fantasies with his reality;*
*In poems where love was more than make—believe,*
*The Goddess grew into his totality.*

*Beware of metaphorical deserts—*
*It's where the Muse hunts her converts.*
**—John O. Neblett**

### Fear-Less

*It can't be about the outcome;*
*Because I have no control over the outcome*
*I can only be present for this moment….*
*and this moment…*
*and this moment.*

*It's about me. About how I am able*
*to be with my emotions;*
*my feelings;*
*myself.*

*About how I handle this situation;*
*and if I choose to continue to operate from a place of fear.*

*It can't be about the heart attack…*
*It can't be about the diabetes…*
*It can't be about not having health insurance…*
*It can't be about getting hurt…*
*It can't be about losing my home…*
*It can't be about dying.*

*It has to be about living.*
*It has to be about the experience of life.*
*It has to be about me.*

*It's not about the outcome.*
*It never was.*
**—Meeta**

### Father

*Father I already know how to shoot a gun.*
*Though not my biological, you are still responsible.*
*I watch the way you talk, the way you walk and the reason you don't f_ _k with me somehow*
*I feel it's my fault.*
*Father, I already know how to be slick.*
*I watch how you get at my mother and them other chicks,*
*but I don't know what it is to be a man*
*How to deal with my pain.*
*See, me and my gang*
*is on promethizine being raised by Lil Wayne.*
*Father, I already know how to die*
*and how to lie.*
*But I need you to tell me that it's okay to cry*
*and it don't hurt to try.*
*Even though you are not my biological, I still follow you.*
*You are my only role model dude.*
*So I call on you*
*to help shape me,*
*but for some reason you shake me.*
*I heard you tell someone that you were married to the street, in love with the block.*
*So I ask this question from upstate in a box,*
*do you care what happens? Father, show me something I don't know.*
**—Marv Mitch**

## Snippets

Arabic numerals, which are the world standard (0-9), are named because they were brought to Europe by the Arabs. The Arabs brought them from India.

Gas chamber started as a scientific term in the late 19th century. The apparatus was used in microscopy for studying the effects gases have on organisms.

Raise Cain is a reference to the biblical brother of Able, conventionally known as the world's first criminal.

Excellent, amaze, bedroom, and majestic are all words which were coined by Shakespeare.

Every 20 minutes the world's population grows by 3500 people.

Navy Beans got their name because of their widespread use by navy cooks.

Potatoes contain more chromosomes than human beings do. A potato has 48, where a human has 46.

Lettuce contains between two to ten parts of morphine per billion.

Annual average temperature of Dalol, Denakil Depression in Ethiopia is 93.3degrees Fahrenheit, making it the hottest place on earth

Named after Morpheus the Greek God of Dreams, Morphine is a derivative of opium.

English spittle bugs are the worlds highest jumpers. It can jump 27.5 inches straight up, the equivalent of a human jumping over a 70-story building.

The tongue of a blue whale weighs as much as a full grown elephant

### LAST MONTH'S SUDOKU SOLUTION

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# THE BOOK CLUB

**By RANDY MALUENDA**

Gain knowledge and feel pleasure at the same time ... through books! How great is that?

That's the Variety Book Club (VBC). Since 2003, the members—of whom this writer has been one since 2006—monthly review and discuss the current booklist consisting mainly of current New York Times paperback best sellers

Following a short roll-out by a title's "selector," a book is discussed by those who read the book as well as those who did not. "The small size of the group allows for this unusual approach," says sponsor Debra Sheldon of the Education Department. "It's not for everyone."

Indeed! Members regularly rotate one or two copies of a dozen titles between meetings. More books are read by more people in the same amount of time, and it allows more flexibility to every member.

Kamal Sefeldeen explains, "Right now, I don't have as much time to read like I used to, but I appreciate the reviews by the other members and will probably read some of their recommendations."

Keith Lettier says he would not have even considered a quaint account of a circus in the 1930s by female author Sara Gruen titled *Water for Elephants* were it not for a review by another member. "It has definitely expanded my horizons."

Club operations always allow the club to revisit a book once all members have read it. For example , Cormac McCarthy 's *The Road* , a post nuclear war account of man's inhumanity towards man, was discussed repeatedly. This writer appreciated the peer review of Khaled Hosseini's *The Kite Runner*, a story of love, friendship and redemption in warring Afghanistan. I eventually read it.

The membership is small and limited. The only time it will take up is the reading and the monthly meeting.

If you are interested in participating, contact D. Sheldon in the Education Department.

Furious Khan, 32 ta' Life!©
Mr. Khan California prisons are so overwhelmingly over crowded we've been ordered to put a prison cap on all inmates at sentancing.
JUDGE
Furious you should know I saw that head piece on America's next top glamorous model. It looked better on Ms. Jay
PRISON CAP
Ms. Jay. What the? Glamorous model? Heat Meds they took cell bars and made 'em into a hat. Shut up!
UH OH COUNTY JAIL
By XHCON
3-13-09

## SUDOKU By GEORGE LOWE

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# RELIGION

## *Ethics and the Family Dynamic*

**By DARRELL C. HARTLEY**
**Staff Writer**

Cultivation is key to reap an abundant harvest. The dynamic family structure is truly the cornerstone of generational existence. This key leaves nothing to chance in relationships with our wives, children and significant others. The family dynamic is much more than the attractiveness of one's mate or their household and human talents. It is the sincere desire to incorporate a sense of worth to one another that will weather any storm.

In a world swirling full of deceit, suspicion, tyranny and uncertainty, the burning question is: how are your ethics? Ethics is defined as a discipline dealing with good, evil, moral duty, principles or practices. Even in a place such as this, one can remain a compassionate and honorable husband, father, grandfather, son, uncle, nephew, cousin and friend. Although we are in absentia, there should be absolutely nothing to interfere in our roles as parents and mentors, such as assisting in coping with loss and providing them with the encouragement, inspiration and motivation required to continue navigating their lives.

History teaches us that the family dynamic is the mechanism of happiness, sadness, reconciliation and closure, consistently connecting and continually learning the purpose of this relationship. Consider appreciating the letters, cards, subscriptions, telephone calls, visits and packages: each are done out of love, not necessity.

An ancient proverb teaches that honesty is the best policy. Ethics is a lifestyle that on a personal level doing what is right, even when there is no one watching. We can clearly gather all of the elements of our lives and in that moment, begin designing our future. We must be very firm in our own ideas and considerations. Our family dynamic will certainly serve as an example for others who are in relationships to become a beacon of light, ray of hope and safe harbor to all that enter their presence now and beyond.

***In a world swirling full of deceit, suspicion, tyranny and uncertainty, the burning question: how are your ethics?***

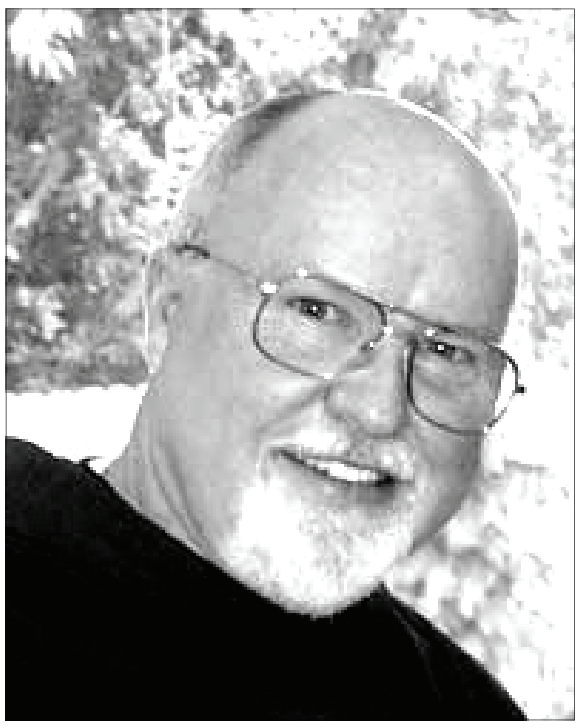
# 'Healing by Our Wounds'

The hanging of Jesus on the cross represents many things, but Father Richard Rohr, 65, pointed out that not enough in the Christian faith see it as the example we should follow. His visit to the San Quentin Centering Prayer group was to speak on "Men's Work," the subject of his book being released in September: *"The Naked Now – Learning to See Like the Mystics."* The path to real maturity, Rohr teaches, is through the wounds inflicted upon us.

"There is nothing in this society that forces you to mature," Rohr said. He points to children dying of cancer as an example, and how they can achieve wisdom beyond their years by the crisis in their lives. The author of over 20 books which he described as "Social Culture Analysis," Rohr came to SQ on Feb. 09, 2009, to speak with the invited guests and participants of the Monday Night Centering Prayer.

"On every continent, it was assumed that boys did not naturally become men," Rohr explained. In the past, maturity typically was accomplished by age 19, as where in this era, adolescence goes all the way to 32, he added.

Initiations were the key, and societies around the world held to a universal pattern that the boy was initiated through wounding that was either ritual or literal. "Everything pivoted around what he did with his wound," said Rohr. "If he didn't turn the wounds into 'sacred wounds,' he walked on in bitterness."



Father Richard Rohr

Many in prison, Rohr pointed out, have failed to take their wounded state and make them into sacred wounds. "It's all what you do with the wound, and how it teaches you to deal with your pain. 'Life is suffering,' is what the Buddha says. If you do not transform your pain, you'll transmit it to others."

Rohr also said that the crisis of prison can be where a person starts letting go and starts listening to wisdom. "We come to God by doing it wrong," he said, adding that the key is in turning our wounds into *sacred* wounds. "You came to God not by avoiding all failure and woundedness; you go through the wounds."

"Meditation is not a new thing," he said. The practice of the Monday night Centering Prayer group is that of quieting the mind to hear the "still small voice" about which the Bible speaks.

The Bible has many references to meditation, but the practice has not become very popular. Asked if that was a "good" thing, Rohr stated, "Perhaps, our society tends to turn such things into fads."

Rohr is the contemporary of the founder of Centering Prayer, Father Thomas Keating. The practice Father Keating teaches is meant to quiet the busy mind so that we can "hear" God speak to us. Through this we come to see the wounds we hold on to, turning them into sacred wounds from which we can discover real healing.

We all do these things imperfectly, Rohr pointed out. "Even the best things I do are for mixed motives." But he points to the real message of the Bible, and Who is there: "God does not love you because you're good," he said. "He loves you because He is good."

***—Kenneth R. Brydon***
***Editor-in-Chief***

# SPORTS

## TEXAS DOLLY

**By: Minnesota Correctional Facility**
**Oak Park Heights**
**Reprinted with Permission**

Doyle Brunson is to poker what Tiger is to golf, what Jordan is to basketball, what Gretzky is to hockey, what Ruth is to baseball. He is admired and respected by everyone who plays his game, not just for his ability, but for being an absolute gentleman whether winning or losing. Daniel Negranu, a top professional player said, "Frankly, without Doyle, there would be no poker tour today." Brunson has won two straight World Poker championships in Las Vegas, a World Poker Tour championship, and 10 gold bracelets in the World Series of Poker. He has written a book "Super System" that every serious player has read and studied.

Brunson was a gifted athlete in high school. He was selected to the Texas All-State basketball team and finished first in the mile in the Texas state track meet. After college he was sought by the professional basketball team the Minneapolis Lakers. Unfortunately, Brunson injured a leg and was unable to compete athletically ever again.

He took a job as a salesman, and after his first day's work, played in a poker game and won more than a month's wages. Brunson had found his niche. At age 29 he was diagnosed with incurable cancer but miraculously survived. In fact, his doctors had no explanation for Brunson's recovery. In 2006, Bluff Magazine named him the most influential force in the poker world. Mr. Brunson is a living poker legend.

## Trivia

What is the name of the arena that was the former home of the Los Angeles Lakers?

A. The Summit
B. Arco Arena
C. The Forum
D. Oracle Arena

Answer: The Forum.

Which was the first NFL team to have cheerleaders?

A. Dallas Cowboys
B. Oakland Raiders
C. San Francisco 49ers
D. Washington Redskins

Answer: The Washington Redskins REDSKINNETTES in 1962.

Who was the first NHL goaltender to wear a mask on a regular basis?

A. Bill Durnan
B. Jacques Plante
C. Terry Sawchuk
D. Roy Worters

Answer: Jacques Plante in 1959 vs the New York Rangers.

## Former Prisoner Wins in Boxing Ring

**By KENNETH R. BRYDON**
**Editor-in-Chief**

Paul Nave, 48, boxing's one time WBF World Welterweight Champion, who served three years at San Quentin for drug possession, stepped back into the ring March 6, 2009, and in a four round bout pounded out a unanimous decision over a much younger opponent.

Known as the "The Marin Assassin," Nave was a local favorite who became a Golden Gloves champion before turning pro in 1985. His once promising career was derailed by his conviction and subsequent sentence to a six year term which he began in 1990.

Nave continued fighting while here at S.Q. and was permitted to fight a bout at the Petaluma Veterans Hall. SQTV has the video of the fight that shows Nave landing a devastating blow to his opponent that put him on the canvas with no doubt of where he'd be at the end of the ten-count.

Nave paroled on July 4, 1993 and continued fighting, eventually winning the welterweight title at the Marin Civic Center March 3, 1998. Injuries and repeated surgery on his back led to his retirement. For his current comeback, due to his many injuries and age, the boxing commission elected to limit his most recent fight to four rounds.

The crowd at the Marin Civic Center was loud, screaming for their home-town favorite. His opponent, Mikhail Lyubarsky from Kiev, Ukraine , was 18 years younger. A banner for the fight declared: "It Ain't Over 'Til It's Over."

In between his parole and this last bout, Nave ran for a state assembly seat, and even put his hat in the ring to be California's governor during the recall election which saw Arnold Schwarzenegger elected to Sacramento.

With the victory, Nave's record improved to 17-8-1. He has indicated that he intends to fight again.

***-staff writer David Marsh contributed to this story***

# OPINION

## Van Jones Shares His Green Mission

**By MICHAEL HARRIS**
**Managing Editor, and**

**STEPHEN LIEBB**
**Staff Writer**

Van Jones, a Yale Law School graduate and Bay Area community organizer, uses words to inspire, encourage and educate.

Jones is the author of *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*

The two biggest problems he identifies are sociological inequality and the ecological crisis.

Jones writes that we need to repair the earth, oppose racism and uplift the disadvantaged. He also expressed a belief that "our sisters and brothers in the developing world need the full engagement and cooperation of Western governments."

The main principles of the green economy are "equal protection; equal opportunity; and reverence for all Creation." According to Jones, reverence for all creation means no throw-away species or resources, children, neighborhoods or nations.

The problem-makers in our economy are "the war makers, polluters, and incarcerators," according to Jones. "It is unlikely that the present high lords of oil, coal and armaments will reverse course or give up their power without a struggle. A new force must emerge to realign American politics, transform the political landscape and supplant the Texas/ Pentagon axis."

Jones explains that his mission is for the "oppressed to confront and defeat their oppressors."

In an interview with us at San Quentin, he said that he became tired of confrontational politics and sought ways to find solutions.

Jones' strength is his ability to bridge differences between people. He looks for common ground and allies rather than seeking targets to attack.

"Goals can be shared even by people who disagree on many points, "he writes.

Jones used to embrace the role model of David confronting Goliath. Now, "I realize that it requires that the protagonists always be small and marginalized, and it requires a politics of confrontation and opposition. Such a politics may serve us poorly as we confront the dangers that will demand cooperation on a massive scale."

His new model is Noah and his wife. They are leaders who must make plans for a difficult future while trying to save as many people and fellow species as possible.

Jones' vision of politics would focus on creating something new rather than confronting something old. It would be more about "proposition" and less about "opposition." The Government must protect and benefit our most vulnerable populations, he believes.

Jones is passionate but self-effacing and in his San Quentin appearance, he used both wit and humility. He conceded to us that there were some gaps in his vision of a green economy.

Jones appearance at San Quentin created a palpable excitement. He introduced himself to many of the inmates seated in the Protestant Chapel, approaching them with a smile and handshake. During a question and answer period, he asked for the name of the questioners, and was sincere in addressing any issues raised. He was quick to admit when he did not have an answer.

Jones inspires confidence and trust. He acknowledged Diana Frappier a criminal defense attorney who worked with Jones for 15 years in the Bay Area Police Watch and introduced her to the audience. She said that when you tell people to make different choices you need to give them something to choose. She summarized the goal of the green economy as "providing real opportunities, decent job and careers."

Jones writes, "I pray that this book will give hope, encouragement, and inspiration to those who are working to move our society along the path to a green future." I believe we can get there."

To us, and many of those who had the privilege of hearing Van Jones speak, he provided just that inspiration.

## Letting Go of Anger…

**By HELEN AMEETA SINGH**
**Facilitator, Trust's Wellness Group**

*"Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned" -Buddha*

Namaste my brothas. I wanted to talk about a very familiar, comfortable, and common emotion we all experience - anger. For all of us here in the West, and in particular men, anger is an acceptable, expected emotion to have. More often than not, anger is a defense mechanism. Its job is to protect us from the more painful, uncomfortable, sometimes scary emotions that lie underneath.

Feelings like pain, hurt, rejection, abandonment, guilt, shame, loneliness, confusion, betrayal-the list goes on and on. Anger helps to keep these painful emotions away - so I don't have to feel them. Anger inevitably leads to violence. Think of the countless video games, movies, music and television shows that glorify and promote anger and violence.

In helping to keep other, more painful emotions away, anger serves the purpose of psychological self-protecting from those other feelings, which I have most likely never been taught healthy ways of managing. Yet, it is a double-edged sword, as the above-mentioned quote suggests. In being angry, I get the benefit of not having to feel these other painful emotions. Yet, my anger harms me psychologically and physically. It also harms others if I engage in acts of physical, verbal and emotional violence as a means of managing that anger.

A friend likened anger to fire-it can keep us warm or it can burn us up. It is okay to feel angry. Anger is simply one of a range of countless other emotions that we as human beings experience. The problem becomes that we hang on to our anger and it burns us up.

When we have spent a lifetime experiencing countless injustices perpetrated against us and our loved ones; when we live in circumstances where we have very little control over our lives (like prison) anger can easily grow, strengthen and deepen. Our challenge is to find ways to transform our anger so that is not continually wounding us so that I am not continually burning myself. Gandhi makes the point "…as heat conserved is transmuted into energy; even so our anger controlled can be transmitted into a power which can move the world."

How can someone transform their anger? Creative outlets such as writing, art, making music, et cetera are healthy ways of transforming anger. More importantly, perhaps, is finding the courage to explore what is underneath the anger. In doing this, anyone will need to learn to be with those other uncomfortable feelings without having to push them away with unhealthy behaviors such as violence or drug use.

Reflect on a recent time when you felt angry. Why were you angry? What did you do when you were angry? What were some feelings that may have been underneath the anger (e.g. feeling disrespected, dismissed, unheard, unimportant, not valued, et cetera) that the anger may have been protecting you from? How can you find a way to transform this anger, so that you are not holding onto the "hot coal?"

Until next time my brothas, Peace and blessings……

## A Story of Violence And Its Effects on The Community

**By Marv Mitch**

We talk about how violence affects our community, but we never discuss how it actually does. Here's a look at how intricate it really gets.

A mother who just two days ago buries her son is not only depressed but also very angry. Still she gets up and goes to work where her and a co-worker (who is an older woman) get into a heated discussion. The co-worker says that all the young men in the community should be locked up and forgotten about.

This makes the grieving mother very upset. The work day is over and both ladies continue the conversation while waiting for a cab. The co-worker says to the mother that her son was no saint and only contributed to the violence that was going on in the neighborhood. In a blind rage, the mother pushes the woman down just as she was about to get into the cab.

The series of events that follow will change the entire community. Just as the cab driver was about to get out and help the lady, two youngsta's ran across the busy street with stacks of bills in hand flagging the driver, telling him that they will give him $400 to take them a few blocks over. The cab driver looks at the co-worker and then at the money in the youngsta's hand and decides to let them in. He pulls off and makes a quick right turn, but he nor the two kids ever see the guy they just conned out of the money behind them. When they make the turn, they run into traffic, the jewelry store owner who had just been conned pulls alongside the cab in his Navigator and shoots the whole cab up.

The two kids escape unscathed, but the driver of the cab catches a bullet to the head and dies instantly. A witness takes down the Navi's license plate number and he is later convicted of murder. His wife sells the business and leaves town with her kids and another man. The cab driver who was already working overtime, felt he needed the extra $400 to help pay for his son's college tuition. His death left his son to have to drop out of school to help his mother with the bills and his three younger sisters, one of which was an "A" student up until her father was killed. As a result, at 14 she started runnin' the streets and became promiscuous. She ran into a cat that was 10 years older than her. At 14, she looked every bit of 19, so that's what she told him. She ended up getting pregnant by him and her mom found out.

Mom had the man sent to the penitentiary for statutory rape. In the pen, he somehow started indulging in homosexual activity. Years later he came home not knowing he had contracted HIV. A loaded gun back in your community having sex with your niece, your aunt, your sister. This is how violence affects a community.

Now let's look back. From a murdered son, a mom is mad enough to push a lady down who if she had' made it to the cab, would have at least saved the driver's life. Maybe the kids would have escaped on foot since they escaped anyway. The jewelry store owner's wife and kids would not have had a reason to leave him and the cab driver's son would have still been in school. Had he not died, his daughter would have never gotten off track and gotten pregnant at an early age, having a fatherless child. And the man who got her pregnant would have never contracted HIV had he not gone to jail. Thus he would have never unknowingly spread the disease through the community.

*Success is a ladder you cannot climb with your hands in your pockets.*
—Author unknown

## NEVER GIVE UP!

**By JONATHON COPE**

I once read about a man who refused to give up. Almost everything he did turned out bad. I mean all bad. This man was defeated at and by just about everything.

He failed in business back in 1831. He was defeated for the legislature in 1832, failed in business again in 1833 and was elected to the legislature in 1834. His sweetheart died in 1835.

He had a nervous breakdown in 1836, was defeated for Speaker in 1838, defeated for land officer in 1843, defeated for congress in 1843, elected for congress in 1846, defeated for reelection in 1848, defeated for the senate in 1855, defeated for vice-president in 1856 and defeated for Senate in 1858.

And I mumbled to myself "I would have quit." But this man never did quit. In 1860 he was elected to the presidency of the United States.

His name was Abraham Lincoln.

# Prisoners Air Concerns With S. Q. Medical Staff

**By DAVID MARSH**

San Quentin health care is improving, but there are still serious problems, a group of inmates reported at a meeting with medical and administrative staff.

The March 13 meeting included Acting Warden R.K. Wong, Director of Nursing M. Lupian, Chief Nursing Executive D. Beetham, Exectuive Officer for the Receiver J. Clark, Chief Medical Officer E. Tootell, Associate Warden K.J. Williams and Correctional Lt. R. Luna.

Inmates were represented by the entire East Block Advisory Council (EBAC), plus representatives of North Block MAC and H-Unit.

Problems reported by EBAC representatives included the delay of medical appeals (602s), use of a needless triage process for medication refills, incomplete or missing prescription refills, waits of up to 2 ½ years for dental treatments, medical ducats that conflict with visiting times and, when missed, result in a write-up, failure of the escort staff to accompany inmates to ducated appointments, lack of information and routine care for aging prisoners, lack of routine maintenance on broken equipment and improper charges of co-pay fees.

On another matter, EBAC asked about the possibility of receiving medical marijuana by prescription. Lt. Luna replied: "Nice try."

**STAFF ADDITIONS**

Clark said S.Q. has the highest back-logged and unanswered 602s but recent medical staff additions should help solve the problem.

She reported a new ombudsman position has been created that will enable an inmate patient's advocate to visit prisoners in their housing units to help resolve issues before the need for a 602 arises.

"The administration understands that medical issues are the most important issues among inmates across the state," said Clark, "We are making every effort to resolve problems with the new system."

She acknowledged that breakdowns in communication have lead to improperly billing inmates and insisted that solutions are coming.

Clark also said that broken equipment will be addressed.

The medical staff stressed that new record-keeping methods will enable staff to track inmates better and prevent scheduling conflicts.

For representatives of North Block, the primary cause for concern was the recent posting that inmates holding lower bunk chronos (informational documentation) will be subject to possible immediate transfer to another prison. Council members expressed the belief that such transfers were punitive in nature.

"I'm left with no other alternative," said Acting Warden Wong. He said chronos exceed the number of lower bunks. "What else can I do?" said Wong.

North Block residents share the concerns and confusion among inmates of East Block surrounding the dispensing of Keep on Person (KOP) medications. Staff responded that new and clearer guidelines will be distributed, listing which medications will be automatically reissued and which KOP medications must be requested on a medical services request form.

**FIBER TAB ISSUE**

North Block representatives said inmates are dissatisfied with the perceived ineffectiveness of the fiber tabs prescribed as a replacement for Metamucil, which is currently unavailable.

The primary concerns expressed by the H Unit MAC chairman were medication being prescribed in improper dosages, which necessitates pills having to be cut in half to achieve the proper dose prescription, and bags of medication which do not contain the full number of prescribed pills.

Medical staff said they were unaware of these problems, and that issues raised by the MAC members would be studied and properly addressed.

It was agreed that future meetings would be on a quarterly basis and that the department chiefs of Mental Health and Dental would attend.

# News Briefs

**SAN FRANCISCO-** 3-12-09 The_latest Field Poll of 781 registered voters reveals 48% would vote to repeal the ban on gay marriages.

**SOUTH CHINA SEA**– 3-7-09 Five Chinese ships surrounded and harassed an unarmed U.S. survey ship in international waters. The Chinese claim the ship was spying.

**EL SALVADOR**– 3-15-09 Over two decades of rule by a right wing conservative government, leftist guerrillas who once fought the U.S. backed government have been elected to lead the country.

**WASHINGTON**– 3-11-09 President Obama signed an executive order ending the Bush administration's restrictions on stem cell research

.

**CALIFORNIA**– 3-15-09 In the most comprehensive study of its kind, researchers predict global warming will cause the ocean to rise 5 feet along the state's shoreline by the end of the century.

## We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances. Use the prison appeals process.

However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

**Send Submissions to:**
**Education Dept. / SQ News**
**San Quentin, CA 94964**
**(No Street address required)**

**www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_Newsletter.html**

## PRISONER RESOURCES

(Publishes stories, poetry)
CALIFORNIA PRISON FOCUS
2940 16th St. #B-5
San Francisco, CA 94103

(Writing Contest, Handbook)
PEN AMERICAN CENTER
Prison Writing Program
588 Broadway
New York, NY 10012

(Free Koran & Islamic Books)
ALAVI FOUNDATION
500 5TH AVE – STE 2310
New York, NY 10110

(Bible & Bible Studies)
"Pastor Melissa Scott" Ministry
P.O. Box #1
Los Angeles, CA 90053

(Christian Books)
HARVEST TIME BOOKS
PO Box 300
Altamont, TN 37301

(Spirituality - Bo Lozoff)
HUMAN KINDNESS FOUNDATION
PO Box 61619
Durham, NC 27705

(Jewish Materials)
JEWISH SERVICES
PO Box 85840
Seattle, WA 98145-1840

(Buddhist Meditation)
UPAYA OUTREACH
1404 Cerro Gordo Rd.
Santa Fe, NM 87501

(Comprehensive Legal Issues)
PRISON LEGAL NEWS
2400 NW 80TH St. PMB #148
Seattle, WA 98117
$18/yr or $9/half-yr.

(Free Pen Pal listing)
SASE Required
Prison World Magazine
P.O. Box 380
Powder Springs, GA 30127

## San Quentin News

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**http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_newsletter.html**

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## San Quentin Men's Advisory Council

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| 5H42L | A. Parker | Chairman |
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| 4H55L | H. Hopkins | Canteen Rep |
| 5H24L | M. Barrow | Representative |
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| 5H18U | D. Saxton | Representative |

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| Mancinelli, T. | 5-N-87U | Secretary |
| Tindall, M.K. | 4-N-37L | Parliamentarian |
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| B. Williams | 4-EB-71 | Yard 3 |
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| P. Henderson | 4-EB-79 | Yard 5 |
| W. Noguera | 4-EB-77 | Yard 6 |

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san Quentin Print Shop

## Correction

In the February edition of the SQ News, it was reported that Acting Warden R.K. Wong was going through a "confirmation" process. The process is not a confirmation process, instead it is a "vetting" process.

# Hey SQ News! What's Up With…

Robert Frazier 2EB87 wrote a note to SQ News asking what's up with the channels on the cable system. He observed that channels he used to pick up in stereo sound are now only mono sound.

Well, Bob, the good news is that you're not crazy; you really don't have stereo anymore. SQTV Technician's explanation is that those channels are being converted, and the converters being used don't have stereo.

The equipment being used to transition over to digital signal is being purchased in Sacramento, and they're going for the no-frills operation. Sorry to share the bad news. Keep the questions coming Guys.

# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO. 4 | APRIL 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION:5,286


# U.S. Prison Reform Commission Proposed

**By MICHAEL R. HARRIS**
**Editor-in-Chief**

U.S. Senator Jim Webb

"With so many of our citizens in prison compared with the rest of the world, there are only two possibilities: Either we are home to the most evil people on earth or we are doing something different and vastly counter productive. Obviously, this answer is the latter,"

—U.S. Senator Jim Webb

Everyone is either directly or indirectly affected by crime, increasing rates of recidivism, costs of incarceration, and having those who have the penalty prescribed by law for their crimes barred from effectively being reintegrated into society as productive citizens.

In the spring of 2009, U.S. Senator Jim Webb, D-Virginia, introduced the National Criminal Justice Commission Act of 2009 on March 26. His proposal on criminal justice reform received generally wide support from senate leadership, the Senate Judiciary Committee and the White House. The blue-ribbon commission would be charged with a thorough, 18-month review of the criminal justice system and responsible for determining reforms for reducing the incarceration rate, identifying ways to effectively impact international and domestic gang violence, restructure policy on the adjudication of drug crimes, provide for appropriate treatment of mental illness, improve prison administration and establish a system for the effective reintegration of ex-offenders.

"The rate of incarceration in America has dramatically increased over the past 17 years. The United States has the world's highest reported incarceration rate. With less than 5 percent of the world's population, it has almost one-quarter of the world's prisoners," said Webb.

*See* **Prison Reform** *Page 6*

# Patch Adams Shows S.Q. His 'Healing With Humor'

**By ALY TAMBOURA**

Officer Berry and Patch Adams at the Max Shack

"When I see a prison, I ache," medical doctor and humanitarian Patch Adams commented during a recent visit to San Quentin. "I see massive inequality and massive injustice."

Adams visited San Quentin during the last week of March as part of the Arts and Corrections Program. He talked with staff and inmates about his mission supporting free global health care as well as enlightening the prison community on societal compassion.

Hunter Campbell "Patch" Adams is a world-renowned speaker who has spent a large portion of his life as a true humanitarian. His inspiring life story was the basis for the Hollywood movie "Patch Adams," starring Robin Williams.

Adams was born May 28, 1945 in Washington, D.C., the son of a military professional. He spent most of his childhood growing up around the world.

"I grew up overseas on Army bases," said Adams. "I was orphaned in 1961."

After his father was killed in the Vietnam War, Adams moved back to the states where he describes being beat up by his peers and falling into a state of depression, leading him to hospitalization for two suicide attempts.

"At 18, I decided that I'm never going to have a bad day," said Adams.

He attended the Medical College of Virginia where he earned his Doctor of Medicine degree in 1971. After graduation, Adams and some close friends founded the Gesundheit Institute in West Virginia, part of his dream to offer free medical treatment to anyone in need. The hospital, which according to Adam's web site has served over 15,000 patients, has no support from health care insurance and doctors do not have malpractice insurance.

"One-fourth of the $2 trillion American medical budget goes to administration costs," said Adams, who humbly takes pride in his career in helping others free of charge. "For 38 years, I have paid to be a doctor."

Part of Adams larger-than-life character is what he calls "healing through humor."

*See* **Patch Adams** *Page 2*

# *Federal Judges Say 'No' to State Control*

**By DAVID MARSH**
**Staff Writer**

Federal judges have handed a pair of setbacks to California officials in their long-running battle to regain control of health care in the state's chronically overcrowded prison system.

In a 24-page ruling released March 24, U.S. District Judge Thelton Henderson rejected Gov. Arnold Schwarzenegger's request that he remove the federal receiver and return control to the state. Henderson in 2006 appointed a non-profit corporation headed by a receiver to manage the prison health care system after finding that the level of medical care violated the constitutional ban on cruel and unusual punishment.

Attorneys for Schwarzenegger have argued that the level of health care has improved to the point where a receiver is no longer necessary.

Henderson, in rejecting the state's arguments, wrote, "Based on the entire record in this case, the court is far from confident that (state officials) have the will, capacity, or leadership to provide constitutionally adequate medical care in the absence of a receivership." He stated his intention was to return control to the state once he is satisfied that the level of care has improved.

The state is protesting plans by the current receiver, law Professor Clark Kelso, to spend $8 billion to build seven health care centers to treat and house up to 10,000 medically and mentally ill prisoners. Kelso has since proposed a scaled down plan which would provide half the beds at half the cost.

California officials initially cooperated with the upgrades ordered by the receiver, spending millions to improve existing facilities and services throughout the 33-prison system. When the state budget deficit last summer ballooned to $42 billion, the state Legislature refused the receiver's demand for a $250 million down payment to finance his construction plans.

Henderson immediately announced plans to hold Schwarzenegger and state Controller John Chiang in contempt of court, and to fine the state up to $2 million for each day the state failed to provide the $250 million to the receiver. State Attorney General Jerry Brown promptly appealed and won a temporary stay from Henderson's ruling.

Following Henderson's ruling, a second federal judge, U.S. District Judge Lawrence Karlton of Sacramento, said he has also considered appointing a receiver to take over prison mental health services.

Karlton angrily berated state attorneys and gave them 60 days to present him with a plan for improving care for thousands of mentally ill inmates or face contempt proceedings.

In a second court setback for the beleaguered state, a federal appeals court reinstated contempt-of-court proceedings against Schwarzenegger and Chiang for defying Henderson's ruling.

A three-judge panel of the 9th U.S. Circuit Court of Appeals, of which both Henderson and Karlton are members, issued its own 15-page ruling on March 25, the day following Henderson's ruling, regarding removal of the receiver. The appeals panel said the state's appeal was premature, coming before Henderson had yet ruled on the issue of contempt of court.

Lisa Page, a spokeswoman for Schwarzenegger, has indicated that both decisions will be appealed.

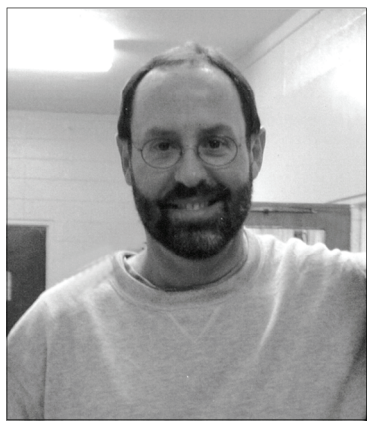
Miseries for the state's officials are compounded by a previous ruling in a related case. Another three-judge panel, which included both Henderson and Karlton, has concluded that prison overcrowding is the primary cause of substandard medical care, and has issued a tentative ruling ordering the early release of between 37,000 and 58,000 inmates.

Schwarzenegger has vowed to appeal any order for releases directly to the U.S. Supreme Court.

Following the court rulings, Kelso issued a statement expressing a desire to work closely with state officials and California Department of Corrections and Rehabilitation Secretary Matt Cate in an effort to resolve the impasse. Kelso recently replaced three of his long-time top aides, noted for their adversarial approach in dealing with the state, and replaced them with former state government employees.

# Cronk Paroles After 26 Years

**By KEITH LETTIER**



Don Cronk

One of San Quentin's pioneers to the multitude of self-help / therapeutic programs that are in place today was paroled on April 13.

Don Cronk has been a fixture in helping himself by helping and serving others throughout the 25 years that he resided in San Quentin (1984-2009).

Cronk answered a series of questions, in which he has imparted the following: "I never thought for one moment when I rode through the sally port on the Grey Goose (Bus) in 1984, that I would serve my entire life sentence in one prison. Except for medical/ legal reasons, I have been in San Quentin for 25 years continuous. I had served almost four years in county fighting my case, so all in all after almost 29 calendar years, I go home.

"My hope for all those I leave behind is that the process, after being found suitable by the BPH, is that your freedom comes quickly and not as difficult and often heartbreaking as it has been for us who have gone before you. My only advice is this, nothing truly good in life is free. One must always pay the cost and work hard, but faith and perseverance will get you what your heart desires. You *know* what it is you need to do, do it and you will be set free. I will miss many and others I hope to never see again (staff & inmates alike), although I wish no harm to anyone. I was not perfect and often failed my walk, but I believe Jesus Christ set me free. My life-changing scripture is 1 Timothy 1:12-18.

"I hope to help bring about change from outside and I am already committed to several projects you don't yet know about, but soon will. Take care, good luck, and never, ever, give up! Don Cronk."

# Patch Adams

Patch Adams with San Quentin Film School student

***Continued From Page 1***

Adams, who considers himself a clown, bounced through the corridors of San Quentin sporting red clown pants, a blue and purple shirt and his hair pulled back in a waist length blue streaked pony tail.

"Put me on the yard, they're not ready for me," said Adams while holding what can only be called the world's largest pair of underwear.

During his visit, his silliness infected every prisoner who crossed paths with Adams. If a prisoner didn't initially think he was funny, he pulled out a slew of props including a dental cheek spreader and a nasty looking green booger which he hung from his nose. His props, vivacious personality, accompanied with hilariously funny faces, seemingly melted away the stress of prison from his audience of men in blue prison uniforms.

Silliness aside, Adams is a self-proclaimed liberalist and advocate for prison reform, a very forgiving position from a man whose best friend was murdered by one of his patients in the late 1960s.

Asked about what he thinks of San Quentin, he replied: "I didn't see any criminals. I don't even know what criminals look like. I saw a bunch of men with an overabundance of time."

# National News Briefs

**SACRAMENTO** – 3-27-09 – A Sacramento-based federal appeals court judge has blocked a key part of Proposition 9; the Victims' Bill of Rights Act of 2008, or **Marsy's Law**, passed by California voters by a narrow margin. Senior Judge Lawrence K. Karlton ruled that the state must continue to abide by a court approved consent decree from 2004 requiring the state to provide parolees with attorneys during parole revocation hearings.

**CHINO** – 3-30-09 – An outbreak of **gastroenteritis** sickened 18 inmates at the California Institution for Women, causing the prison to temporarily bar visitors and new inmates from entering the facility, which houses up to 2,400 women. The illness, an inflammation of large and small intestines, can cause diarrhea and vomiting.

**IOWA** – 4-4-09 – In a unanimous decision, the Iowa Supreme Court legalized **same sex marriage**. Iowa joined Massachusetts and Connecticut in allowing gay marriages.

**VERMONT** – 4-7-09 – The Legislature voted to override the governor's veto and become the fourth state to legalize **same sex marriage.**

**NEW YORK** – 4-3-09 – Suffolk County in New York has enacted the first ban on the suspected cancer-causing chemical **bisphenol A.** The chemical is used in the manufacture of plastic items such as baby bottles and sippy cups. Several states are considering their own bans on the chemical.

**ALASKA** – 3-28-09 – Mount Redoubt continued to erupt and spew a plume of ash 65,000 feet into the sky. The last active period for the **volcano** was a four-month period in 1989-1990.

**ITALY** – 4-6-09 – An early morning, 6.3 magnitude **earthquake** in Laquila, 70 miles northeast of Rome, left at least 300 dead and more than 100,000 homeless.

**FRANCE** – 4-4-09 – Dozens of doctors combined their efforts in Paris to perform the world's first simultaneous partial **face** and **double hand transplant**. The recipient is a 30-year-old burn victim injured in a 2004 accident.

**PITTSBURGH** – 4-6-09 – A mentally disturbed gunman shot and killed **three police officers** responding to calls of a domestic disturbance.

# *Christopher 'Bert' Boatman Freed*

Bert receiving his diploma

**By FRIENDS OF BERT**

After 23 years of prison, Bert Boatman has gained his freedom and has reunited with his family.

With skills as a journeyman machinist, welder, plumber and sheet metal, to name a few, Bert is the guy that you wanted on your team to get the job done right. Bert openly and willingly shared his knowledge with anyone. Although, a very conscientious worker you could always count on having fun while working with Bert.

In the words of his peers and staff alike, Bert is known as a fun-loving kind of a guy, who is good-hearted, very dependable, well-rounded, funny and a good family man. As a positive role model for so many people, it is bittersweet not seeing Bert playing tennis, being a pillar in the church and self-help groups, vocational shops and missing his infectious laughter, ha!

A few words from our friend: "Wow! Knowing that I will soon be in the free-world, one of the first things to come to my mind is what a responsibility and blessing it is to be a representation for so many other men. Most of you are just as, if not more, deserving as I to be given a chance to prove our worth, rehabilitation and value to our family, friends and community. I will never forget the love, support and guidance, which helped me to achieve this physical freedom. I thank each and every one of you from the bottom of my heart and the depth of my soul for not giving up on me. You taught me a lesson in compassion, patience, and tolerance that goes beyond anything else that I have ever known. I am a much better person because of you all. I especially thank God for putting some good men in my life. Thank you Hector, Stephen, Noel and Mr. Hill for all the work you have each done in my case and in others. You brought me hope and showed me how to hold my head high. I also need to thank Father Barber for being a strong spiritual guide and adviser. To Curly Joe, I love you man and I will never forget you.

We are <u>all</u> so happy that Bert has taken this big step forward in the next chapter of his life. A good friend says of this "country boy with a city attitude," that, "anyone who knows Bert will miss him very much." How true! Bert, we all love ya' and you will be in our thoughts and prayers.

# S.Q. Hosts Sentencing Reform Lectures

Starting the last week of April, the College Program will launch a series on sentencing policy and sentencing reform. These lectures will take place at designated locations Friday afternoons from 1-3pm. The first lecture took place April 24; several others are scheduled throughout May and June. More information about the schedule of presenters will be available at the first lecture.

The lectures will address a variety of issues, including an overview of sentencing guidelines in California and the political climate around sentencing reform; the three-strikes law; mandatory minimum penalties; sentencing juveniles as adults; and the recent ruling on overcrowding. Experts from Stanford, UC Berkeley, Santa Clara University, the Drug Policy Alliance, and other organizations will present research and lead discussions. The lectures are intended to provide opportunities for students and volunteers in the College Program to learn about sentencing and to gain access to resources on criminal justice policy in California.

The lectures will allow for some discussion, question, and answer, but the presenters will not be able to give legal advice.

*Provided By Jody Lewen & Jennifer Scaife*
*Patten College*
*Program Coordinators*

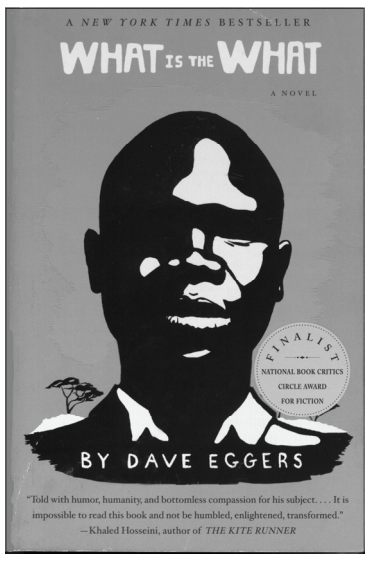
# Author Dave Eggers Speaks On the Sudanese Struggle

**By Juan Haines**
**Journalism Guild Writer**

More than 40 San Quentin prisoners were afforded the opportunity to hear the acclaimed New York Times best-selling author Dave Eggers, review one of his novels.

Eggers's introduction by prisoner Teiiamu straightened backs and let the San Quentin audience, including staff from Patten University, know that they were privileged to hear something rare in today's times, uncut truth and reality.

Eggers's 2007 novel, *What is the What*, was read by many of the prisoners who came to listen to this humble man give an account of the plight of the Dinka people in war-torn Sudan, which inspired him to write the book. The book is an epic account of one of the Lost Boys of Sudan, Valentino Achak Deng as his heart-felt voyage from Marial Bai, a small village in Southern Sudan, to a refugee


A NEW YORK TIMES BESTSELLER
WHAT IS THE WHAT
A NOVEL
FINALIST
NATIONAL BOOK CRITICS CIRCLE AWARD FOR FICTION
BY DAVE EGGERS
"Told with humor, humanity, and bottomless compassion for his subject. . . . It is impossible to read this book and not be humbled, enlightened, transformed."
—Khaled Hosseini, author of THE KITE RUNNER

camp in Kenya.

Eggers's biographical narrative took him over four years to complete. "The book is bigger than me," said Eggers.

It is not difficult to understand this sentiment, as he explains that the proceeds of the novel go to helping the children of East African strife.

"Each book sold represents three bricks for Valentino's non-profit organization dedicated to assisting poor Africans throughout the region," said Eggers.

Educated at the University of Illinois, Chicago, Eggers is a talented writer. He took the oral history of Valentino and developed a spirited, witty, emotional, epic story of real life events that give the reader deep empathy for Valentino enduring his 800 mile quest across East Africa.

The New York Times Book Review wrote, "Eggers's generous spirit and seemingly inexhaustible energy…transform Valentino and the people he met on his journey into characters in a book with the imaginative sweep, the scope and, above all, the emotional power of an epic…Eggers has made the outlines of the tragedy in East Africa—so vague to so many Americans—not only sharp and clear but indelible. An eloquent testimony to the power of storytelling."

# Lifers Benefit From Decision

**By MICHAEL R. HARRIS**
**Editor-in-Chief**

The attorneys for Uncommon Law have won a significant victory concerning the procedures in the recently voted in Marsy's Law.

A deal was agreed upon with the Board of Prison Terms, on March 27 regarding the Lifer class action lawsuit concerning late parole hearings. (*In Re Rutherford*, Marin County Superior Court No. SC135399A). In this agreement the board admitted that approximately 700 lifers are entitled to "Pre-Proposition 9" hearing decisions. However, lawyers for the prisoners are striving to make sure that no eligible lifers are left out.

The specific relief is limited to initial and subsequent parole consideration hearings that were due to be held any time prior to Dec. 15, 2008, but were not held before that date for reasons that were not the prisoners' fault. For example, an inmate is eligible if the hearing was postponed until after that date because the board failed to provide the inmate or his/her attorney with a complete board package, including a psychological evaluation, "in a timely manner." Also if an inmate voluntarily postponed his or her hearing for a period of time that expired prior to Dec. 15, then they are eligible.

If your hearing has already been held and the inmate received a post-Proposition 9 mandatory 3-to-15-year denial. Now the board shall use its authority to review postponed decisions [Title 15, 2041, subd. (h)).] and convert those denials periods to what was available before Proposition 9 (1-to-5 years in murder cases and 1 or 2 years in non-murder cases). Some prisoners whose hearings were overdue on Dec. 15, 2008, stipulated to unsuitability, possibly out of fear of a 7-, 10- or 15-year denial under Proposition 9. The board will convert those stipulations to whatever was available before Proposition 9.

In murder cases:

- 15-year stipulation will become 5-year stipulations
- 10-year stipulation will become 4-year stipulations
- 7-year stipulation will become 3-year stipulations
- 5-year stipulation will become 2-year stipulations
- 3-year stipulation will become 1-year stipulations

In cases other that murder:

- Stipulations of 5 years and above will all become 2-year stipulations
- 3-year stipulations will become 1-year stipulations

This relief is limited to hearings that were overdue on Dec. 15, 2008. Prisoners eligible for relief described here may still challenge the constitutionally on its face or as it applies to them. Also, prisoners whose denial periods the board will convert to a "Pre-9" decision may still challenge the board's decision to deny parole in the same way they could before the agreement was made. Nothing in this class action can prevent such challenges.

Within the next couple of months, the board will provide notice to every prisoner whose hearing decision or stipulation is changed pursuant to this agreement. Uncommon Law said it is providing this notice now so that inmates know what to expect.

"We have already heard some very disturbing reports of how prisoners and their families are reacting to bad hearing outcomes under Proposition 9, said Keith Wattley, an attorney with Uncommon Law. "We did not want to waste any time getting the word out to relieve at least some of that suffering."

Wattley added there will be town hall meetings in May on "California's Broken Parole System."

Topics include:

Are you sentenced to **Life with the possibility of parole?**

Are you being **denied parole** after decades of incarceration, despite preparing for a successful release?

Has the governor denied parole to you **despite being found suitable** by the Board of Parole Hearings?

Do you have **felony convictions** that put you at risk of a 3-Strikes sentence (25-Life)?

Do you want to **challenge** California's broken criminal justice system (parole, sentencing laws, and courts)?

The purposes are:

Lay out the current state of parole in California

Understanding Proposition 9 ("Marsy's Law")-how it affects Term-to-Life prisoners and parole

Develop strategies to assist in Lifer releases-preparation for the board, legal remedies, and community organizing

Support loved ones when they are released

When: 1-4 p.m. Saturday, May 16

Where: Goodwill, 1500 Mission St., San Francisco.

Also on Saturday, May 30, 1-4 p.m.

Where: Watts Labor Community Action Committee, at 10950 South Central Ave., Los Angeles.

Contact: Manuel La Fontaine
(415) 255-7036 x 328
manuel@prisonerswithchildren.org
1540 Market St., Suite 490
San Francisco, California 94102
ATTN: Parole Townhall

# Health and Wellness Corner

The San Quentin News "Health and Wellness Corner" column runs every month. A University of California, San Francisco, health professional student will answer questions that you submit about health issues. Inquiries will be answered in the next month's paper. Feel free to ask us questions about any medical concern that you have, and it may be answered so that everyone can benefit. If you have a question, put it in a U-Save-Em envelope addressed to: **Health and Wellness Corner, UCSF Doctors** (Dr. Shira Shavit) **– Medical Box**. If you include your name and number, they will be kept confidential. Note that this column is for general medical questions.

This edition, we will address the following question:

**Why is it Dangerous to Take Other People's Medications?**

Your health care provider may prescribe you medicine to keep you strong and healthy. Medications you get from your doctor are specially chosen for **you** to use and there **may be serious consequences when someone else uses them**.

One type of medication that should not be shared with anyone else is an antibiotic.

**What are antibiotics?**

Antibiotics are medicines that attack bacteria, a type of germ that can make you sick. Your immune system is usually strong enough to fight off bacteria that try to get into your body. If your immune system can't get rid of the bacteria alone, your health care provider will give you antibiotics to help your body to kill the bacteria.

You might wonder why antibiotics that help us get better when we're sick shouldn't be shared with someone else who might have the *same symptoms*. It is **dangerous to share antibiotics because**:

- Some people are *allergic* to certain kinds of antibiotics. Allergies to antibiotics can be serious, and can even cause death. Your provider will work with you to prevent you from taking the wrong kind of antibiotic.

- Different sicknesses sometimes look the same**.** You and your cellie may have the same symptoms, but you could have *totally different sicknesses*. When you take the wrong kind of antibiotic, you might get *worse*.

- Antibiotics don't work when *viruses*, another type of germ, makes you sick. If you take antibiotics when a virus is making you sick, they will not help you get better. Only your provider can make sure if you're sick because of a bacteria or a virus.

- When bacteria are exposed to an antibiotic over and over the bacteria can become strong enough that the antibiotics don't work on them anymore. This is called *resistance.* Taking other peoples antibiotics can lead to resistance.

If you feel like you might need medication, submit a sick call slip to your provider. He or she will work with you to make sure that if you need medication, you get the ***right kind of antibiotic***.

# Asian and Pacific Islander Reps to Visit Health Fair

Greetings! We invite you to meet with us at the San Quentin Health Fair on Friday, May 1. As health care workers and Asian and Pacific Islander Heritage (API) community members, will share health information and also discuss issues facing API prisoners at San Quentin. Some topics that we will cover include:

- Information about reentry and health services in Oakland and Alameda County, with an emphasis on language/cultural competence for APIs.

- What are the major issues facing APIs at S.Q. and upon reentry? How does cultural stigma about incarceration impact API prisoners? In what ways can the API community better support prisoners and reentry populations?

- Sharing API prisoner-led projects including the book "Other: an API Prisoners' Anthology" and a letter-writing to youth 'zine project.

*Ben Wang, Sun Hyung Lee, Sauliloa Niumeitolu, Donna Jung, and Kasi Chakravartula. (Asian Health Services/ Asian Prisoner Support Committee)*

# *Rotary Club Makes Donation*

Don Pino receiving the donation from Michael Heckmann

**By RANDY COUNTRYMAN**
**Journalism Guild Writer**

The Tiburon Belvedere Rotary Club donated $300 to the Journalism Guild of San Quentin on March 18th, for office supplies and related equipment. The office equipment, specifically Neo Word Processors, will be used by Guild members to write and process newsworthy stories for publication in the *San Quentin News* and eventually in the Guild's own publication.

In keeping with a long-standing tradition of aiding and supporting community efforts, Tiburon Belvedere Rotary President Michael Heckmann authorized the $300 donation to the Journalism Guild.

"This is not necessarily a one-time donation from the Rotary Club. More donations may come later on," said Donald Pino.

Pino is the chief sponsor of the Journalism Guild of San Quentin, as well as a member of the Tiburon-Belvedere Rotary. He solicited the Rotary Club for donations. Pino is also a Bridging instructor in the Education Department at San Quentin.

The Neo Word Processors, which Guild members have been authorized to use by the administration, range in price from $65 to $199 each.

Journalism Guild Chairman Jeff Brooks suggested that the group seek donations and sources of revenue from outside organizations known for their generous support of educational and rehabilitative programs.

So the Journalism Guild will continue to reach out to potential donors, ranging from prison staff to outside organizations, in order to enhance and develop their educational program. According to chairman Brooks, donations being sought may be anything from money, time and journalism training to classroom space and refurbished furniture and equipment.

# Appeals Court Rejects Order for Parole Board Revisions

**By KEITH LETTIER**

On March 13, 2009, the Sixth District Court of Appeal reversed Judge Condron's unprecedented order against the state parole board on behalf of five Santa Clara County inmates who committed murder and are seeking parole release.

In a San Jose Superior Court, Judge Condron made a ruling that the Board of Parole Hearings (Board) was violating the constitutional rights of inmates serving potential life terms by issuing typical boilerplate parole rejections of their requests for release.

She supported her findings and order by supportive statistical evidence (2,700 selective board denial decisions) that the Board members were issuing "formulaic" decisions without regarding an inmate's rehabilitative reform. She concluded her findings on the fact of the Board's arbitrary and capricious reliance on unchanging circumstances of the nature of the original crime, and not providing specific reasons for the denial.

In addition, Condron ordered revisions to the Board's procedures and for members to undergo specific training to correct the apparent problems of its "malfunctioning" process of deciding an inmate's sentence in a term-to-life case.

The Sixth District Court of Appeal's three-justice panel unanimously found Condron's incomplete and undetailed evidence for the Board's reasons to deny inmates with term-to-life sentences unreliable. They found that Condron's order was wholly unsupported due to a lack of evidence and exceeded the scope of the Board's arguably capricious policy.

Donald Lewis paroled after serving thirty-years for a 1977 killing. The other four inmates (Arthur Criscione, Viet Ngo, Morris Bragg and Donnell Jameison), who all have twenty plus years incarceration, will most likely continue their appeal. They will argue the Sixth District's ruling in an effort to correct the complex and dysfunctional problems of the Board, and that they are suitable for parole under a just and timely California Supreme Court ruling on August 21, 2008. (See *In re Lawrence*, 44 Cal.4th 1181).

# California Pays Millions To House Foreign Prisoners

**By KAMAL SEFELDEEN**
**Journalism Guild Writer**

The California budget is burdened by the cost of imprisoning foreign nationals, prompting Gov. Arnold Schwarzenegger to sign an executive order March 1, which will mandate turning over foreign national state parolees to the federal government, thus removing them from the state parole system.

**FOREIGN NATIONALS**

According to Gov. Schwarzenegger's office, California is housing at least, 10,000 foreign nationals in its prison system. The cost of housing an inmate in a state prison is approximated at near $49,000 per year according to Jeanne Woodford, former acting secretary of corrections. In addition, it costs the state another $14,000 a year for health care costs, which makes the total cost of keeping 10,000 foreign prisoners in state custody approximately $630 million per year.

**FEDERAL GOVERNMENT**

The federal government used to pick up half of the cost due to their interest in offender deportation. George W. Bush removed the funding by an executive order because California doesn't honor the exchange treaty most of the time, according to corrections officials.

The governor's figure on how many foreign prisoners are in California prisons is disputable, because, Section 1 of Stats.1992, (A.B.2519), which provides the legislature's findings that: as of March 31, 1994, there were 13,558 persons in the Department of Corrections facilities that were subject to United States Immigration and Naturalization Service (INS) holds potentially an additional 5,415 persons in these facilities were also subject to INS holds. Based on these numbers, it is estimated that the real number of foreign nationals in the Californias prison system is twice as much as the governor's figure. The issue, if considered by the legislature during the state budget crisis may end up saving the State $1.2 billion a year.

**CALIFORNIA LAW**

California Penal Code Section §2912, "Foreign Prisoner Transfer Program," provides for notification to foreign born inmates concerning eligibility to serve term of imprisonment in their nation of citizenship. Subsection (b)(1) & (2) mandates that The Board of Prison Terms shall actively encourage each eligible foreign national inmate to apply for return to his or her nation of citizenship, and that the Board shall adopt the model program developed by the State of Texas for encouraging participation in the federal repatriation program.

None of these laws as of yet have been set into action, and none were considered by the legislatures during the last state budget negotiations.

**WAITING TO GO**

"I have been filing requests for prisoner transfer to my native Kosovo for nearly 10 years, but received no response from the Parole Board. Now, after 27 years I'm found suitable for parole and the governor did not object, I'm only waiting for ICE to pick me up to go all the way home. As far as I'm concerned, these laws are created only to be applied to some people, not to everyone," says a former state prisoner, Ali Pertsoni, 56, a citizen of Kosovo.

Another foreign national lifer inmate says, "I even signed a waiver challenging deportation in federal court in order to expedite my return to my homeland now that I exceeded my minimum eligibility for parole. It seams neither the Board nor the prison counselor knew any of these procedures, one of my former counselors never heard of the Prisoner Transfer Treaty. I obtained the form from other inmates who have similar interest."

The California Department of Corrections and Rehabilitation's yearly report to the Legislature doesn't include any statistic regarding foreign nationals in the custody of the state. There are a number of inmates who meet the minimum eligibility of parole (MEPD) and many are seeking repatriation.

# S.Q. News Inspires Formation of Guild

**By JEFF BROOKS**
**Journalism Guild Writer**

Every Friday morning between 8-9:30 a.m. you can find a group of prisoners hammering out policy, working stories and in general trying to set guidelines in which to operate the Journalism Guild of San Quentin (JGSQ), a new activity group under the Education Department that has the support of Warden Wong. The group's objective is to train writers and reporters and help provide stories for the San Quentin News.

The Journalism Guild is the result of the efforts by Kenny Brydon, former editor of the SQ News, and Ted Roberts, education principal, for more inmates to participate in the writing of stories for submission and publishing in the SQ News.

The Guild, sponsored by bridging teacher Don Pino, has been meeting each week since February and has recently elected its executive officers: Jeff Brooks (chairman), Arnulfo Garcia (secretary), Michael R. Harris (treasurer), and Troy Williams (sgt-at-arms) to represent the Guild's members.

The Guild's mission statement in part states: "The Journalism Guild of San Quentin's mission is to provide an honest, professional and balanced account of the events and issues that occur both within penal institutions and the communities they serve."

The Guild doors are open to anyone who wishes to join. The Guild has a limited amount of space so membership is limited to 20 student journalists.

If you are interested in joining, contact one of the members: Kenneth Brydon, Randy Countryman, Juan Haines, Darrell Hartly, Ronin Holmes, David Marsh, Julian-Glenn Padgett, Kamal Sefeldeen, Aly Tamboura, Daniel Treviono, Doug Wynn, Mai Van or send a request for interview to the SQ Education Department.

# ARTS & ENTERTAINMENT

## Poetry

### Cadence

*My daughter who I long to see*
*To hear, to hold, and to be with thee*
*I wait in chains to be set free*
*Each second away eternity.*

*Your birth the promise of hope reborn*
*The debts I owe, the vice forsworn*
*From despair to hope my heart is torn*
*Beneath the mask of shame I've worn*

*Invest in you my broken pride*
*My heart, once closed, now open wide*
*From dark to light you've turned the tide*
*Revealed the good that grows inside.*
**—David J. Lista**

### Sweetheart

*Sweet and kind, I love you so much*
*Wonderful and warm is your gentle touch*
*Exciting and alive is how I feel*
*Enthroned in my heart your love so real*
*Together with you, I'm waiting to be*
*Holding you close, your beauty to see*
*Ecstasy and bliss build each day*
*Anticipating release my heart pounds away*
*Restored once again to my one true love*
*Together for ever we'll soar the heavens above*
**—Joseph P. Broadway**

### Anyway

*People are often unreasonable, illogical and self centered;*
*Forgive them anyway.*

*If you are kind, people may accuse you of*
*selfish, ulterior motives;*
*Be kind anyway.*

*If you are successful, you will win some false friends*
*and some true enemies;*
*Succeed anyway.*

*If you are honest and frank, people may cheat you;*
*Be honest and frank anyway.*

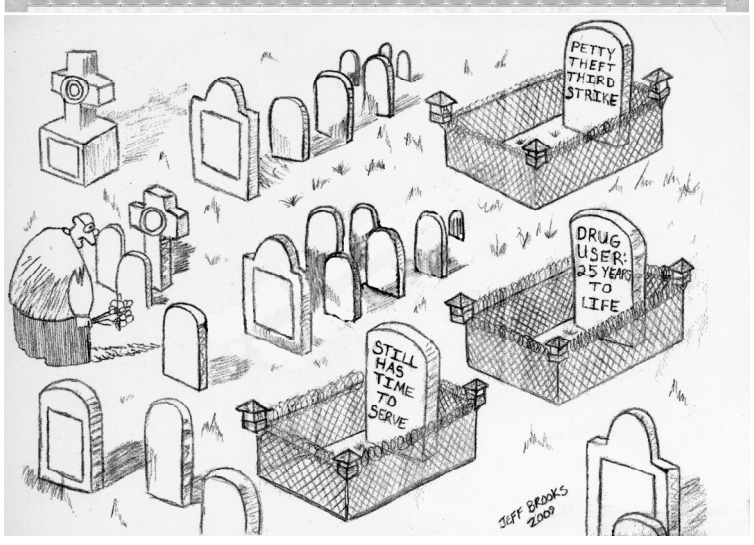
*What you have spent years building, someone could*
*destroy overnight;*
*Build anyway.*

*If you find serenity and happiness, they may be jealous;*
*Be happy anyway.*

*The good you do today, people will often forget tomorrow;*
*Do good anyway.*

*Give the world the best you have, and it may never be enough;*
*Give the world the best you have anyway.*

*You see, in the final analysis, it is between you and God*
*It was never between you and them anyway.*
**—Mother Theresa**




## Snippets

**R**ice paper actually has no rice in it.

**E**xploding beetles, known as bombardier beetles, have a chamber at the tip of its abdomen where they mix chemicals that set off an explosion.

**F**ound outside of Baghdad in 1850 on a 3,800 – year old tablet was the oldest surviving recipe. It is a formula for beer.

**O**riginating in Northern Italy in 610 A.D., Pretzels were invented as rewards to be given to children for learning their prayers.

**R**ing finger gets its name from Roman times. The Romans believed that a nerve from the fourth finger was directly attached to the heart.

**M**r. Potato Head was the first product to be advertised on T.V.

## You know you're a Con When…

- You wash your clothes in the toilet.
- You call your mother "Dawg" or "Holmes"
- You tell your wife it isn't your draw when she asks you to go to the store.
- You put things in your sock instead of your pocket.
- You end your letters with, "I send mine."
- You have to remind yourself, "She is still a man."
- You use sriracha sauce for everything, including deodorant.
- You make a spread out of everything on your dinner Plate.

*By George Leite*

### LAST MONTH'S SUDOKU SOLUTION

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 2 | 3 | 5 | 1 | 8 | 4 | 7 | 9 |
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| 3 | 6 | 7 | 8 | 4 | 1 | 9 | 5 | 2 |
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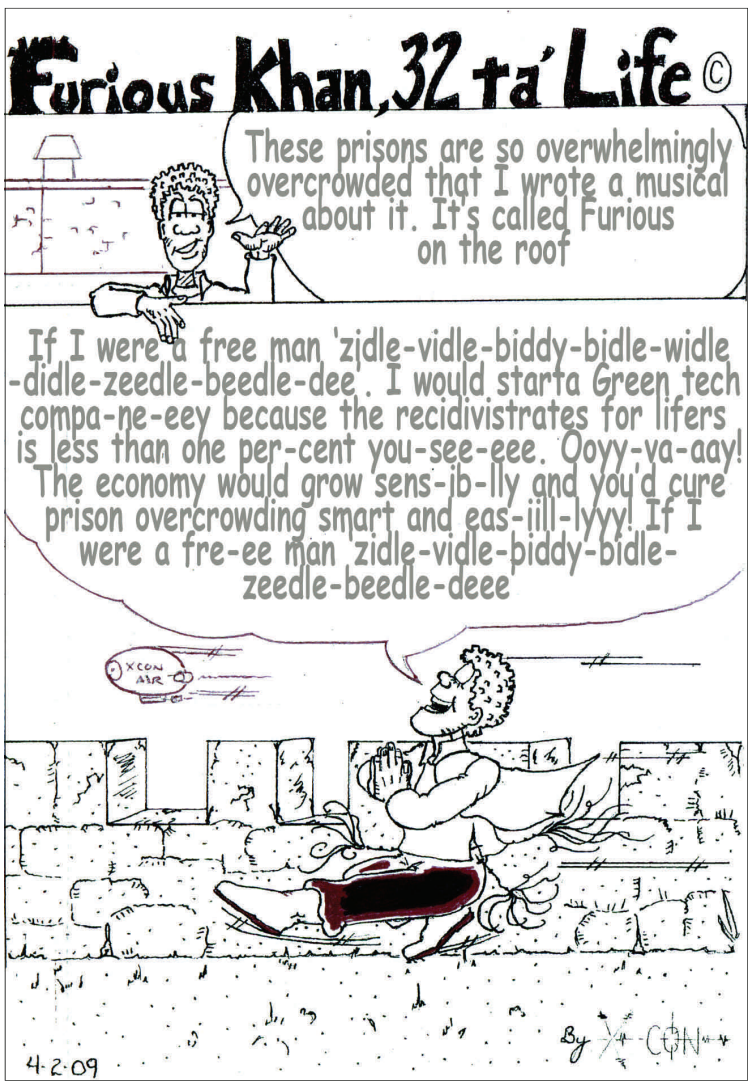
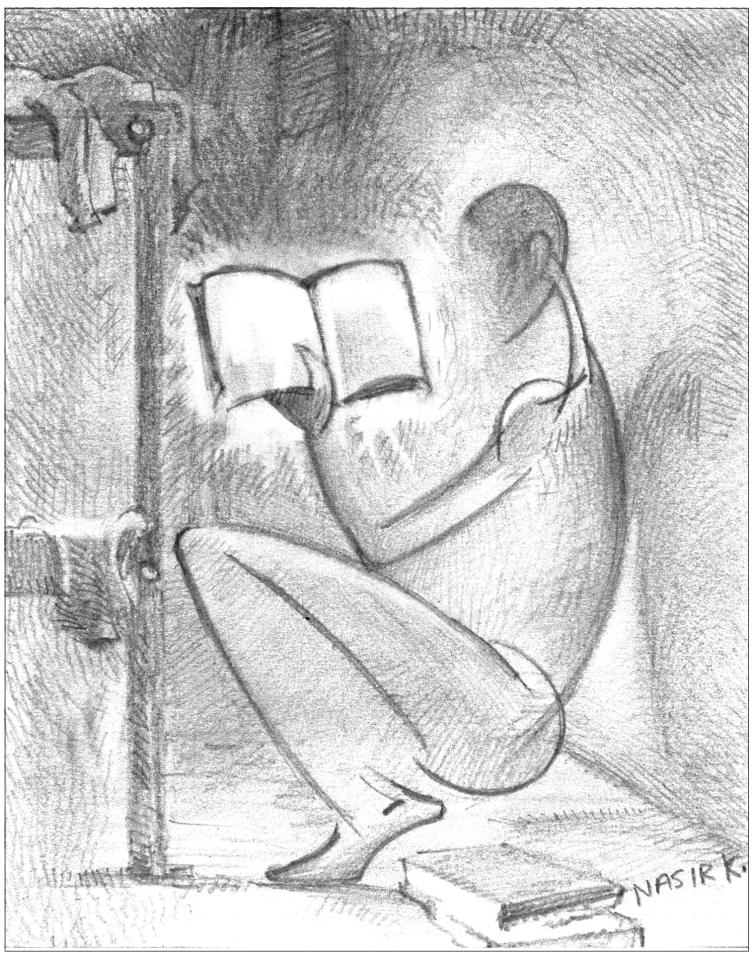
| 7 | 3 | 2 | 1 | 8 | 9 | 5 | 6 | 4 |


Furious Khan, 32 ta' Life ©
These prisons are so overwhelmingly overcrowded that I wrote a musical about it. It's called Furious on the roof
If I were a free man 'zidle-vidle-biddy-bidle-widle-didle-zeedle-beedle-dee'. I would starta Green tech compa-ne-eey because the recidivistrates for lifers is less than one per-cent you-see-eee. Ooyy-va-aay! The economy would grow sens-ib-lly and you'd cure prison overcrowding smart and eas-iill-lyyy! If I were a fre-ee man 'zidle-vidle-biddy-bidle-zeedle-beedle-deee
XCON AIR
4-2-09
By J-CON

## 'Light in Prison'

*By Nasir Khan*




## SUDOKU By GEORGE LOWE

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# RELIGION

# Former Virginia Attorney General Visits S.Q. Chapel

**By KENNETH BRYDON**
**Journalism Guild Writer**

"I'm the most unlikely person to be here," Mark Early told a group of inmates in the San Quentin Garden Chapel. He was on hand to dedicate new chairs and sound equipment for the chapel.

**SENATE TERM**

During almost 10 years in the Virginia Senate, Early presided over building new prisons, increasing prison terms and the removal of the possibility of parole for some inmates. After four years as Virginia attorney general, he ran as a conservative republican for governor, losing to the democratic nominee. He watched approvingly as the United State's prison population exploded.

His attitude, he explained, was, "The longer they were there (in prison), the better off the rest of us were."

**PRISON FELLOWSHIP**

Shortly after his defeat, Early said Chuck Colson of Nixon/Watergate fame telephoned. Colson asked Early to become president and CEO of Prison Fellow Ministry (PFM), which Colson started after serving seven years in a federal prison.

"I didn't want to do it;" Early said, bringing laughter from the S.Q. audience. "I didn't want to give my life to those who couldn't make an impact for Jesus Christ; to those who no one in society had any respect for."

Mark Early former Virginia Attorney General

He described PFM's reputation as excellent, operating in 114 countries

"I made the mistake of telling Chuck I'd pray about it." For the next few months, he said he gave the idea half-hearted reflection until a sudden revelation shook him.

That revelation involved Moses of the Old Testament, and Saul who later became the Apostle Paul of the New Testament. He pointed out that Moses was a murderer and Saul persecuted Christians prior to his transformation into Paul the Apostle.

**MESSAGE OF HEALING**

Early said he was troubled by God's choice of Moses to lead the Jewish people,. As for Paul, he asked, "Why pick a man who had hurt people to bring a message of healing?"

His answers came in the form of an epiphany of how each would have their pasts weighing upon them. Moses and Paul would never forget those they hurt, and this would be the forge to make them into humble servants.

"God I'm sorry," Early said he prayed, reliving the moment, "I repent; I was wrong. It's just like You (God), to put them back together again and to raise those up to be the noblest and best leaders in your Kingdom."

**NEW LEADERSHIP**

Early has led the world's largest prison ministry seven years. Standing before the S.Q. crowd, which included many men serving Life terms, he shared toward the end, "I'm here because I know that God is raising up a whole new leadership of men behind these prison walls."

Early received a standing ovation; with many prisoners eager to greet and speak with him afterward.

# *S.Q.'s Sweat Lodge First In the Nation*

**By DANIEL TREVINO**
**Journalism Guild Writer**

In the spring of 1972 San Quentin became the first state prison in the United States to build a Sweat Lodge on Prison grounds, achieved through a long and arduous process beginning with a 602 and culminating in the Ninth Circuit Court of Appeals.

Herb Sample, a life-term prisoner, argued before the courts that Native Americans should be allowed to practice their religion.

Previously the only options for a Native American prisoner to practice religion were through the Catholic or Protestant chapels.

Sample, a California Indian and a member of the Yokut Nation, argued equal protection and infringement of religious rights.

Three themes are central to Native American religion: purification, offering, and vision. The Sweat Lodge ceremony accomplishes all three.

The Sweat Lodge is an integral part of Native religious practice, which consists of heated rocks being brought into a dome-like structure, built from willow saplings. Water is poured upon the super-heated rocks as prayers are said in Native tongue.

The sweat lodge has been used for prayer since time immemorial in the United States.

The first Sweat Lodge in San Quentin was built with the help of Archie "Fire" LameDeer, a well-known and respected Lakota Sioux medicine man and healer, who wrote a 20-page blueprint for the Department of Corrections and Rehabilitation explaining the procedures and protocols for building and maintaining a Sweat Lodge. These protocols are still adhered to.

The Sweat Lodge at San Quentin and indeed all Sweat Lodges statewide are considered sacred ground and have been designated as such by the federal court order issued in 1972.

LameDeer,obeying his vision, came to California in the 1960s to build a "Western Gate," a Sweat Lodge in the Western part of the United States. In order to fulfill a prophecy foretold by ancient ancestors long before the Europeans arrived.

After the first Sweat Lodge was built at San Quentin, one was built in state prisons in Nevada and Arizona. Later Sweat Lodges were built in prisons throughout the United States.

Sweat Lodges outside of California were not personally built by LameDeer, but by Native American spiritual leaders associated with Native spiritual practices who followed LameDeer's protocols and procedures.

The Sweat Lodges in California as well as countless lodges throughout the United States have served to keep Native American prisoners in touch with their cultural roots and spiritual practices.

It would be next to impossible to tabulate the countless Native men and women who have changed their lives in a positive manner due to the influence of the Sacred Sweat Lodge ceremony. A Native practitioner believes that the water poured on the super-heated stones extorts pain locked within them. This essential belief has helped many Native American's lead clean and sober lifestyle with the purification that comes from the Sacred Sweat Lodge.

# Prison Reform

*Continued From Page 1*

The unprecedented increase in imprisonment is attributed to the incarceration of more people for non-violent crimes, acts committed by the mentally ill or acts prompted by alcohol and drug dependency.

"Post-incarceration and reentry programs vary in effectiveness. And often programs and services are non-existent in many communities. After having fully served the just sentences imposed for their crimes, ex-offenders must than confront a wall of laws and private policies that effectively bar them from employment," Webb said.

He points out that effective services and programs for the formerly incarcerated have the potential to reduce recidivism rates and increase public safety. Without being provided the opportunity and support for reintegration into society, many resort again to the patterns of criminal activity that they have known just to survive. Most elected officials, afraid of being tarred as soft on crime, ignore these problems.

Webb has enlisted the support of top-ranking Democrats, including majority leader Harry Reid, and influential Republicans like Arlan Specter, the ranking minority member on the Judiciary Committee, and Lindsey Graham, the ranking member of the Crime and Drugs Subcommittee. A bipartisan national consensus has emerged that the criminal justice system is broken." says Webb, a former Marine and Secretary of the Navy in the Reagan administration.

"There are few things rarer than a major politician doing something that is genuinely courageous and principled, but Sen. Jim` Webb's impassioned commitment to fundamental prison reform is exactly that," wrote Glenn Greenwald, a writer for the website *Salon.* Webb's interest in the issue was prompted by his work as a journalist in 1984, when he wrote about an American citizen who was locked away in a Japanese prison for two years under extremely harsh conditions, for nothing more than marijuana possession," Greenwald said.

Brown University Professor Glenn Loury describes America as "a nation of jailers whose prison system has grown into a leviathan unmatched in human history."

In his two years in the Senate, Webb has held hearings on the costs associated with mass incarceration and on the criminal justice system's response to the problems of illegal drugs. He also has called attention to the need to provide released inmates who have paid their debts to society more help getting jobs and resuming productive lives.

**THE WAR ON DRUGS**

If drug-legalizers are slowly gaining traction, drug-war-enders appear to be moving more swiftly to fix things from their end. Politicians in New York state recently reached a deal to repeal the state's hard-line Rockefeller drug laws, passed in 1973, which imposed mandatory 15-years-to-life sentences for possession of small amounts of cocaine and heroin. Webb announced his intention to take that kind of reconsideration nationwide by introducing his National Criminal Justice Act Commission of 2009.

Although politically popular and expedient over the past several decades, the "tough-on-crime" stance promoted in reaction to escalating crime rates has not reduced crime and the rate of incarceration overall.

Alternative, effective approaches that provide both for intervention and rehabilitation through cost-effective programs and services that allow for the restoration of the formerly incarcerated to return to thier communities have been documented to be effective in reducing crime and recidivism. Support is needed from the leadership of both major political parties as well as from our communities across the nation, according to Webb.

**TIME TO CHANGE THE LAWS**

The National Commission task is to look at every aspect of the criminal justice system with an eye toward reshaping the process from top to bottom. Webb intends to bring together the best minds in America to confer, report, and make recommendations about how we can reform the process, with clear answers to hard questions such as: Why are so many Americans currently in prison compared with other countries and our own history? What is the policy costing our nation, both in tax dollars and in lost opportunities? How can we reshape our nation's drug policies? How can we better diagnose and treat mental illness? How can we end violence within prisons and increase the quality of prison administrators? How can we build workable re-entry programs so that communities can assimilate former offenders and encourage them to become productive citizens? How can we defend ourselves against the growing scourge of violent, internationally based gang activity?

Senator Jim Webb is a PARADE contributing editor and the author of nine Books, including "A Time to Fight." For more information visit; parade.com or WWW.Webb.Senate.Gov.

# SPORTS

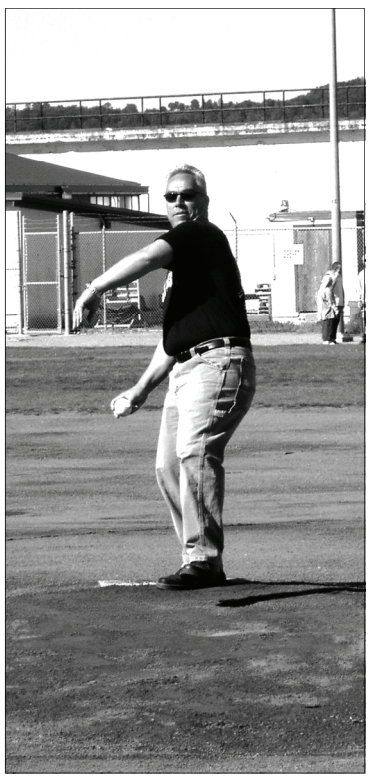
# Giants Capture Opener, 12-11

**By Juan Haines &**
**Jeff Brooks**
**Journalism Guild Writer**

The San Quentin Giants pulled out a ninth-inning victory over the Oakland Oaks to open their 2009 baseball season, 12-11, on April 4.

The opening day match-up between the two teams has been a long standing tradition. Marching in unison from right field, the Vietnam Veterans Group of San Quentin opened the game by presenting the flag. Larry "Popeye" Faison led the baseball players, outside guests, camera crews and inmate fans in the playing of the Star Spangled Banner.

Acting Warden R. K. Wong, threw out the opening pitch, a perfect strike from the pitcher's mound. "It's been 35 years since I've thrown a baseball, I was worried I might bounce it," he said later.



(A) Warden Wong throwing the opening pitch

After walking the leadoff batter, the Giants made quick work of the Oaks, holding them to no runs. Giants second baseman James Bautista led off the inning with a double, followed by Mario Ellis' inside the park homer, for a 2-0 lead after one inning.

The Giants defense held up to shut down the Oaks, and after five innings of play the score was 10-0.

After substitutions and pitching changes by Giants manager Kevin Loughlin, the Oaks made a comeback, scoring nine runs in the sixth, and one in the top of the seventh to tie the game at 10-10.

2009 Giants Baseball Team

Tied 10-10, Frankie Smith, coach for the Giants said, "The Oaks are all veterans, they're a good-hitting team, but we'll prevail in the end I'm sure."

In the bottom of the seventh, an error allowed Giant Steve Negrete to get on base, and with two outs, an error by the Oaks shortstop allowed Negrete to score the go-ahead-run.

In the top of the ninth, the Oaks roared back with Davis scoring the tying run, making it 11-11.

Looking to avoid going into extra innings, Eli Sala hit a single and stole second base, and with a passed ball by the catcher he advanced to third. Negrete, who is known for getting hits in crucial situations, grounded to Smith at third, who held Sala at third and threw out Negrete at first base.

With one out, the Oaks chose to walk Bautista, hoping to turn a double play and to take the game into extra innings.

Bautista, one of the fastest runners on the Giants squad, immediately stole second base to break up any attempts at the double play.

Bottom of the ninth, one out, runners at second and third, infield playing in, Jeff Brooks drove in the game winning run with a base hit between the shortstop and third baseman for a 12-11 victory.

The Giants swarmed the field congratulating Brooks on his hit, and each other for a hard-fought game.

Asked about his game winning hit, Brooks said, "The coach just told me to win it, and I did. I really needed that because I hit poorly last season."

Mike Deeble, a volunteer assistant coach for the Giants, said, "I love this game, I came in here six times last year to play, and now I'm lucky enough to be able to coach. I like coming here because all the guys always show up for the games (he laughs), unlike some of the teams I've played for outside."

Some days later the Giants shut out a Mission team, 18-0, to remained undefeated in the young season.

# S.Q. 1000-Mile Club Holds Track Meet

**By FRANK RUONA**

On the afternoon of Feb. 20, San Quentin State Prison's lower yard was again a buzz with inmates cheering for inmates as the second San Quentin Track Meet was contested between some very fast and talented young, and not so young men.

The first track meet held in August of 2006 was the brain child of inmate Ralph Ligons, a former 200M runner back in the early 1970's. Ralph thought that there was an abundance of athletic talent amongst the inmates of San Quentin and wanted to give the inmates the opportunity to show their stuff! Ronnie Goodman, who participated in four of the races held was the driving force behind this year's track meet.

For the past three and a half years San Quentin has had a running club, the San Quentin 1,000-Mile Club, meeting twice monthly to train the inmates and give them the opportunity to enjoy the competition and comradeship of running longer distances together. The San Quentin 1,000 -Mile Club was formed under the direction of Laura Bowman, with the purpose of helping to rehabilitate the inmates through recreation.

The February Track meet was finally held after several previous postponements due to bad weather. The track meet was supported by Laura Bowman, Jill Friedman, Frank Ruona, Steve Pascacio and several other inmates who where happy to lend a hand.

The first event of the day was a new event, the five Kilomenter Run (3.1 Miles). Goodman took the lead early and stayed all of the 12-1/2 laps of the race. Ronnie established an excellent new record time of 19:19. Stephen Liebb showed much fortitude in trying to hang with Goodman and finished second with a time of 21:39. Drew Mearis finished third in a strong 23:43. Ronnie Richardson kind of ran out of gas a couple miles into the run, but hung on and finished the race in fourth place.

Another new event, the 200-Meter Dash, was the next race that was run. This race was slightly downhill and the leaders took advantage of the downhill portion of the course and screeched to a very fast 22:01 time for winner Joseph Jones and 22:46 for second place finisher Abraham Glasper. Geronimo Washington ran a strong 26:43 for third place even though he was running in his work boots!

Next was the same 200 Meter Dash, but this one was for runners who were over 50 years of age. This event was won by Jerome Black in a time of 27:52. Malcolm Jones finished second in 36:13.

The one mile run was next. O. Camacho took off like a rabbit being chased by greyhounds on the first lap. Ronnie Goodman having already run the 5 Kilometer Race took off at a more moderate pace. By the second lap, Ronnie had closed the gap and he took the lead on the third lap. Ronnie hung on for the victory in 5:55, with O. Camacho 100 yards back in 6:19. Bill Pillars and Geronimo Washington battled it out on the last lap, with Pillars catching and passing Geronimo in the last straight-away to take third place with a time of 7:00.

San Quentin 1000 Mile Club members and sponsors (2009)

The next event was the quarter mile. Floyd Lockett took off like he was going to leave everyone in the dust. He held the lead for about 300 meters and then the monkey climbed on his back and he really started to fade. Goodman, running his third race of the day, finished very strong and tied the meet record set by Pete Herndon in 2006 with a swift time of 1:01. Lockett hung on for second place with a time of 1:07. Franklin finished third with of 1:21 and Geronimo Washington ran 1:35 for fourth place.

Now it was time for the sprinters again. An open 100 Meter dash was held first and Alhondro Myers won the race with a time of 11:98. Joseph Jones, the winner of the 200 Meters, was second with a time of 13:42, while Geronimo Washington finished third in 14:01. The old-timers got their opportunity next, as the 100–meter dash for men 50 years and older was held. Jerome Black repeated his 200-meter victory with a time of 13:62 and broke Alan Eaton's record of 13.76 set in 2006. Malcolm Jones finished second in 27:46.

The final event of the meet was the four by on quarter mile relay. Two teams were entered and this was a race to the finish. The team of Jerome Black, Malcolm Jones, Anthony Starks and Geronimo Washington just held off the team of Mearis, Floyd Lockett, Goodman and Pillars in a time of 4:46 to 4:48.

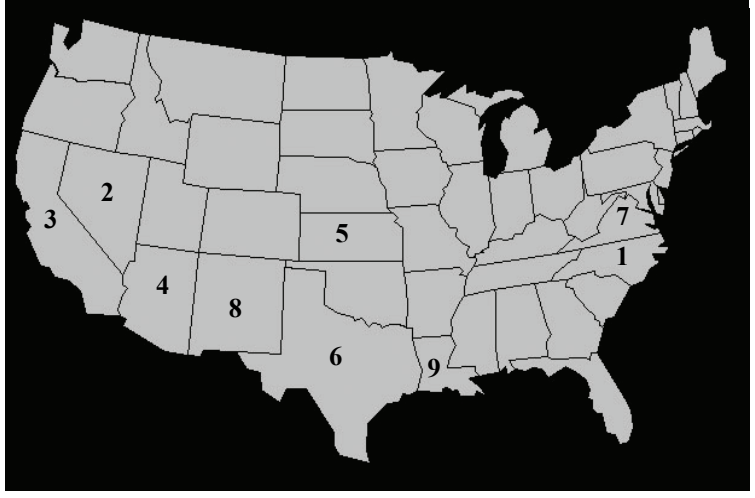
We lucked out and had beautiful weather for the meet.

The inmates have another year to work on their speed to see if in 2010 they can break one of the records at the Third San Quentin Track Meet.

The following individuals are now listed as the San Quentin record holders:

| | | | |
|---|---|---|---|
| 1. 5 Kilometer run | Ronnie Goodman | 19:19 | 2009 |
| 2. 200 Meter Dash | Joseph Jones | 0:22:01 | 2009 |
| 3. Over 50 200 Meter Dash | Jerome Black | 0:27:52 | 2009 |
| 4. One mile Run | Mike Villanueva | 5:24 | 2006 |
| 5. 1/4 mile Run | Pete Herndon | 1:01 | 2006 |
| | Ronnie Goodman | 1:01 | 2009 |
| 6. 100 Yard Dash | D'Angelo Boone | 0:11:17 | 2006 |
| 7. Over 50 100 Yard Dash | Jerome Black | 0:13:62 | 2009 |
| 8. 4x1/4 Mile Relay | Steve Pacascio | 4:30 | 2006 |

# Prison News Briefs




**1. BUTNER, N.C.** — A former California prison guard, Jose Ramon Garcia, 55 died in a North Carolina federal prison hospital while serving a six-year sentence for orchestrating fights and stabbings among prisoners at Pelican Bay State Prison from July 1992 to August 1996.

**2. CARSON CITY, Nev**. — Legislation to reform Nevada's parole system has been introduced by a Democratic assemblyman and prison reform advocates. The bill, AB424, would amend the existing parole system which considers the severity of an inmate's crime as the chief factor in parole decisions, to a more broad determination, which includes allowing prison staff to contribute in inmate parole determinations.

**3. SACRAMENTO —** Corrections Secretary Matthew Cate has revealed a plan to expand three existing prisons. The plan will add space at Kern Valley, medium-security North Kern, build a re-entry center in Stockton for 500 inmates, and convert a juvenile center close to Paso Robles into a prison for 1,000 older men. The funding would come from $7.8 billion in bonds approved by the Legislature in April 2007 for prison and jail expansion.

**4. ARIZONA—** Sen. John McCain made a visit to the "Hanoi Hilton" prison where he spent more than five years as a POW during the Vietnam War. McCain's A4 fighter bomber was shot down by the North Vietnamese while on a mission over Hanoi. The crash resulted in severe injuries to McCain, including breaking both arms and a leg. According to McCain, he was captured, beaten and tortured.

**5. KANSAS** — Ex-Atlanta Falcons quarterback Michael Vick was transported from lock-up in Kansas to attend a bankruptcy hearing in Virginia. In July Vick filed for bankruptcy producing documentation which shows he has assets of about $16 million and debts of more than $20 million. Vick, who is serving a 23-month prison sentence for funding an illegal dog fighting ring, is expected to be released from custody in July.

**6. AUSTIN, Texas** — The Department of Criminal Justice has ended the state of Texas's control on prisoner phone calls which has been called the most restrictive in the nation. The new rules will allow approximately 120,000 Texas inmates to have up to 120 minutes of phone calls each month. The Texas prison system, the country's second-largest corrections agency, will phase in the new prisoner phone access program over the next year.

**7. RICHMOND, Va.** — The Obama administration won a request from the Supreme Court to stop a federal appeals court order which had invalidated a state law allowing for indefinite prison sentences for "sexually dangerous" offenders. At least 77 sex offenders who have served their initial prison sentences will remain in prison until the Supreme Court makes a decision on whether to hear the case.

**8. SANTA FE, NEW MEXICO** — Gov. Bill Richardson signed legislation abolishing the death penalty in New Mexico. The state joins New Jersey as the only two states to have banned capital punishment since it was reinstated by the U.S. Supreme Court in 1976. The repeal affects only crimes committed after July 1, 2009. Fourteen other states do not impose capital punishment.

**9. LOUISIANA** —The annual Angola Prison Rodeo was held April 18 and 19 at what was at one time billed as "the bloodiest prison in America." Sellout crowds are routine at the 10,000 seat stadium located at the 18,000 acre sprawling prison which also boasts an inmate produced magazine, radio station, vocational training program and a degree program in theology. As many as 1,000 of the prison's 5,200 inmates assist in producing the rodeo.

# A Change to Medication Auto Refill Policy

**By DR. CRENSHAW**

Effective September 1, there will be a change in procedure to the medication auto refill policy at San Quentin (S.Q.). Certain drugs will not be refilled automatically. These include over the counter drugs, (OTC's) such as antacids, vitamins and allergy medications. Also excluded from auto refill will be topical medications such as creams, ointments and lotions. These drugs are used at variable rates (people come in different sizes) and it is impossible to accurately predict when someone would need a refill. As before 'PRN' medications will not be automatically refilled. These are drugs ordered on an as needed basis by the prescriber. A clue to this type of drug are the words "as needed" in the directions of the prescription.

Any and all of these medications can be ordered via Health Care Services Request Form CDCR 7362. This form should be completed by the inmate patient and turned in to the med pass nurse or designated area in the housing units. These requests will be processed by pharmacy provided refills are available and the orders have not expired. The drugs will be issued to the inmate patient by the nursing staff, usually within 24-48 hours. The change in the auto refill policy should help to prevent receiving large amounts of drugs which may not actually be needed by the inmate patient. As you may have noticed personal storage space is at a premium around here. Also, this will help nursing and pharmacy staff by alleviating the processing of unnecessary refills, returns and restocking of drugs

Certain prescriptions are refilled automatically by the pharmacy at S.Q. These medications are considered maintenance drugs and are necessary for the optimal health and wel fare of patients. Included as maintenance drugs are drugs for blood pressure, diabetes, asthma, mental health and other chronic health conditions. These drugs are refilled automatically by the pharmacy until the original order is expired or discontinued by the prescriber. No notification is required on the part of nursing or the inmate patient to receive these orders on a regular schedule (usually monthly).

Pharmacy and nursing staff at C.S.P.-S.Q. look forward to more effectively serving the inmate population by allowing you to decide when you need something and when you don't. Remember that maintenance medications won't be affected by the policy and you don't have to do anything for them to be dispensed to you. Being a partner in your own health care will ultimately provide for the best of care. And of course if you need something …just ask.

## San Quentin News

Current and past copies of the San Quentin News are posted online at:
**http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_newsletter.html**

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| Pena, E. | 3-N-24L | Sgt at Arms |

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| K. Lewis | 2-EB-76 | Yard 2 |
| B. Williams | 4-EB-71 | Yard 3 |
| R. Marshall | 1-EB-65 | Yard 4 |
| P. Henderson | 4-EB-79 | Yard 5 |
| W. Noguera | 4-EB-77 | Yard 6 |

**Designed and printed by the**
San Quentin Print Shop

# Health Fair Coming

Greetings San Quentin, we of The San Quentin T.R.U.S.T. would like to invite you to our sixth annual Health Fair on **May 1.** This health fair is being brought to you in a collaborative effort which includes the Alameda County Health Department, Center Force, the Prison University Project and San Francisco State University.

We will have numerous booths set up in varying areas of health related issues. As well as health professionals from many different fields, all here to help us in helping ourselves. It is our intent to bring as much awareness to the greater San Quentin community surrounding their health, as a means of ensuring that we are given the opportunity to live long and productive lives.

## We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances. Use the prison appeals process.

However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

**Send Submissions to:**
**Education Dept. / SQ News**
**San Quentin, CA 94964**
**(No Street address required)**

**www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_Newsletter.html**

# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO.5 | MAY 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION: 5,182


# The Journey of Eddy Zheng

## From Immigrant to Prisoner now Social Activist

**By MICHAEL R. HARRIS**
**Editor-in Chief**
**and**
**STEPHEN LIEBB**
**Staff Writer**

San Francisco Mayor Gavin Newsom and Eddy Zheng

When Eddy Zheng arrived at San Quentin 22 years ago, he couldn't speak a word of English. Today, thanks to prison education programs, he is a free man and a respected motivational speaker.

Zheng's life-changing journey included an A.A. degree from Patten College. Now he is a youth center manager teaching conflict resolution and life skills.

He will turn 40 on May 29. In a telephone interview Zheng, says his birthday will be an "opportunity to gather people together" and the theme will be "celebrating life" and not forgetting those in prison and those in the community who need hope and help.

Five weeks earlier, Zheng, a prisoner from ages 16 to 37, took another step in his journey, accompanied by 35 Asian, Latino and African-American kids from San Francisco. These high-risk youth, who had never seen snow, were on a bus headed to Lake Tahoe. They would spend two days with Eddy and 15 fellow staff members from the Community Youth Center (CYC) of San Francisco, learning conflict resolution and how to get along with each other. On top of that, as Eddy said, they would also "get to see snow for the first time."

Zheng's education and qualifications to teach conflict resolution and other skills needed by these young people were acquired largely in San Quentin where he served part of his seven-years-to-life sentence for kidnapping.

Eddie Xiao Fei left China with his family at age 12, moving to Oakland in November of 1982. Unable to speak English, unable to fit in, he stopped going to school and began hanging out in Oakland's Chinatown. He befriended people involved in organized crime and gangs. Yielding to his desire for money to get clothes better than the ones from Goodwill that he was wearing, he began committing crimes.

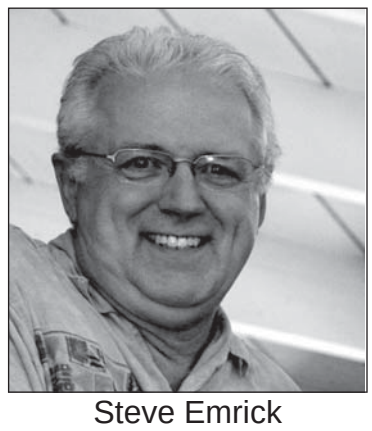
In his poem entitled Autobiography @ 33, Zheng describes the crime that earned him a life sentence in his poem: At 16 "I violated an innocent family of four and scarred them for life. Money superseded human suffering. I was charged as an adult and sentenced to life with-a-possibility No hables ingles. I wish I could start things over. I was completely lost"

A guilty plea to a charge of kidnapping to commit robbery sent Zheng to the reception center in Vacaville in 1987 and from there to San Quentin, then a maximum-security prison. In an interview with S. Q. News, he described his early years in prison: "I couldn't speak English. There were not many Asian-Pacific Islanders in San Quentin back then.

*See* **Zheng** *Page 2*

# *Art Instructor Receives Award From Dalai Lama*

**By ALY TAMBOURA**
**Design Editor**



Steve Emrick

Steve Emrick, San Quentin Arts in Corrections program coordinator, received an award from His Holiness the Dalai Lama for his compassionate contributions to society.

The award, "Unsung Heroes of Compassion," is a ceremony in which champions of empathy and kindness from around the world are honoured for their work and compassionate actions. Emrick was honored, in the third such ceremony, for his tireless work instructing incarcerated men in the arts. His work earned him the Buddhist distinction of Bodhisattvas "those who joyfully serve the world, dedicated to compassion and the liberation of every being."

The ceremony was held April 25-26 at the Ritz Carlton Hotel in San Francisco and attended by honorees and people there to hear His Holiness the Dalai Lama's speech on Dharma.

"People there were paying a lot of money to hear the Dalai Lama speak," said Emrick. "What I remember about it the most is: being in a room with amazing people."

Emrick, who holds a masters degree in fine arts, has more than twenty years working in the California prison system. He started at Tehachapi Sate Prison, then worked at Deuel Vocational Institution and the California Youth Authority, finally landing at S.Q. where he has been teaching art for the past six years.

"My family does not understand why I do what I do" explained Emrick. "But I can see the change in people as they learn and interact; they escape the harshness of prison through art and become better people."

Offenders who participate in the Arts in Corrections program have 75 percent fewer disciplinary actions and their recidivism rate is 27 percent lower then the rest of the prison general population, according to a 1987 study.

*See* **Steve Emrick** *Page 4*

# S.Q. Program Aims To Teach Computer Skills

UC Berkeley DeCal Program Tutors, S.Q. Education Staff and CDCR Custody Officers

A university-prison program is under way to teach San Quentin inmates how to function in a computer-oriented society when they are released.

"We hope to teach basic computer literacy to individuals trapped in the 'digital divide,'' said West Hays, who along with Alayna Johnson coordinates a Democratic Educational Program (DeCal) at the University of California, Berkeley "The longer one goes without knowing the basics (rudimentary computer skills, word processing, etc.), the wider the divide grows. To further bridge that gap we are also working with Mr. Saenz to develop a Computer-Aided Design program in the Machine Shop," said Hays.

***"The longer one goes without knowing the basics in rudimentary computer skills, the wider the divide grows."***

The DeCal is a student-organized course that sends 70 tutors every week to help inmates work toward their GED and other academic and professional goals. "S. Q. and UC Berkeley share a unique bond, in that there are brilliant individuals being underutilized in both places." Hays also addded, "I am amazed by the level of talent and commitment the students from San Quentin display everyday. They possess professional skills and sharp intellects that are a scarce commodity in the world today, and we need them back in the community to share their strengths."

The DeCal won first place in the state-wide technology competition, and contributes their success to taking a unique approach to IT. "Alayna lent a creative, human angle to our proposal that the judges really appreciated," said Hays. Along with CAD tutor Erik McDonald, Johnson created a nine foot tall model cell, with a laptop trapped inside. Displayed on the screen was their lab design, and wrapping around the cell was their proposal, asserting that too many bright and talented inmates reenter after parole. Seeing examples of the essays they write, and the art they create, and the goods they manufacture, the DeCal believes these men are better-suited for a life outside prison walls. They believe that San Quentin is brimming with minds that would better serve society from the outside. Lastly, they asserted that computer training is essential in helping parolees meet their own goals to live unchained in a society that clearly counts them out.

Vice-Principal Frank Kellum of S. Q.'s education department said recently, "The state has launched its eApply4UI system for unemployed benefits, and that in the future even if an applicant wishes to complete a paper claim they may have to first

*See* **Computer Skills** *Page 8*

# Never Too Late

## Two Men Over Fifty Achieve Educational Milestone

**By DAVID MARSH**
**Staff Writer**

Henry Wallace is by nature a quiet and unassuming kind of guy. In a crowded room Wallace would be difficult for just about anyone to pick out. And, at 66 years of age, that's just about the way that Wallace prefers things. Kind of slow and easy.

But Wallace is hoping that just for one very special morning next month, maybe he'll be able to shed the low profile that he generally prefers. Because on that morning, June 18, Wallace will be taking the stage at San Quentin's Garden Chapel to receive recognition for achieving a milestone. He'll be receiving his General Education Development (GED) certificate during the annual Education Department graduation ceremonies.

Wallace is hoping that his achievement can be a catalyst for young inmates entering the system who are ready for change in their lives. He's hoping that with his accomplishment many of these younger guys will realize that they, too, can achieve such a milestone in their lives. "And everybody," says Wallace, "can use education. It keeps your mind refreshed." So he's hoping that, at least for that one special day in June, folks might just take note of what he's up to.

For this smiling soon-to-be graduate, the GED certificate marks a successful completion to some unfinished business of 50 years ago when Wallace quit high school in 1958 to serve a two-year hitch in the military. After two years in the army, the serious business of working for a living left too little time for a return to the unfinished business of education. Until now that is. And now, something has changed in his life.

When Robert Neyses, 68, entered the prison system for the first time at the age of 61, he was ashamed of the fact that his education amounted to that of a third grade level. His lack of a formal education, Neyses feels, played a major part in the break-up of his 13 year marriage and prevented advancement in a number of decent jobs that he held over the years.

A counselor at High Desert prison convinced Neyses to enroll in courses which would lead to his eventual GED certificate. When Neyses arrived at S.Q., he continued the work he had begun at High Desert. Four long, hard years of lessons, classes, homework and more often than not, frustration.

Neyses, too, will take the stage at the Garden Chapel to receive his GED certificate on June 18. And he credits education with a major change in his life. He's no longer ashamed or embarrassed, and proudly he says, "I can read and write now, especially to my family. It's never too late to learn in these days." He encourages everyone to take the steps necessary in order to change their lives.

As to whether or not he will take the next step and enroll in college, Neyses smiles and says, "It's been a hard four years, but we'll see. In the meantime, I'll fish for some more books."

These two men with their inspirational stories are just two members of the graduating class for 2009, San Quentin.

Change is the theme for the 2009 Education Department graduation ceremony, and the role that education can play in changing the lives of the many graduates of Patten University, Coastline College, various prison vocational programs and approximately 100 graduates of the GED program, a great many of whom will be participating in the ceremony. Two residents of Condemned Row have also earned GED certificates but will not attend the ceremony at the Garden Chapel.

Dr. Martin Jones, a Program Coordinator of Counseling with the San Francisco Sheriff's Department is the featured keynote speaker for this year's ceremony. Dr. Jones will address the vital role that education can play in changing the lives of any of the multi-generational men who pass through S.Q.. Through his work at the county jail Dr. Jones is familiar with many of the inmates who come through S.Q., including some of this year's graduates.

# Zheng

*Continued From Page 1*

A Samoan brother took me under his wing. Prison was a hostile, violent environment. There were many lifers and respect was a very important thing. At age 18, I was in an environment where guards and prisoners were stabbed. I worked in the laundry for two or three years and learned how to survive."

"In 1987 I turned 18 and went to the 'pen' from youth authority. The youngest prisoner in San Quentin's maximum security prison. I was lucky people thought I knew kung fu."

When S.Q. became a reception center in 1989, Zheng was transferred to Solano where he took ESL classes and in 1992 earned his GED.

**Education Saved My Life**

In the interview he spoke to us about the importance of education. "Education saved my life. Education transformed my life. Education helped me gain confidence and self-esteem," Zheng said.

After returning to San Quentin in 1993, he participated in Hooked on Phonics, college classes and Toastmasters, a public speaking program. At San Quentin, he began to take the foundational steps toward becoming a mentor and counselor to at-risk youth. He was a member of S.Q.U.I.R.E.S., a group which seeks to deter at-risk youth from continuing on a path that can lead to prison.

Although he had never had a drug or alcohol abuse problem, he went to A.A. and N.A. meetings so "I could learn from other people's stories and understand their struggle." His interests led him to begin an intense project of education and transformation that helped him to "clear his identity crisis."

"Education," said Zheng, "helped me gain confidence and self-esteem." Education was the means to hope and freedom for him, and he received an A.A. degree through the Patten College Program. He described it as a "critical thinking education."

Eddy Zheng and SF Police Chief Heather Fong

**Positive Self - Alternatives to Violence**

The drive to better himself led to his participation in conflict mediation classes, Alternatives to Violence and Self-Esteem. He concedes that at first he took programs "because of necessity," but later he continued in order "to invest in my future. I needed to understand the harm I have done to my victims."

He credits the programs he took at San Quentin with providing him the tools to be able to speak before hundreds of people, something he does regularly since his release from detention for an immigration hold on Feb. 27, 2007. Zheng has been applying what he has learned to help at-risk youth in the Bay Area. "I know I have an appreciation of life" and want to "maximize my potential in the community from what I have learned," he said.

"I can't think of a more concrete representation of hopelessness than prison bars. Yet, it was in prison that I discovered my passion to serve the youth and the community," Zheng said. "It was also in prison that I realized mental freedom is more important than physical freedom. I found this freedom though the education I received in prison." He expressed these sentiments to the audience at U.C. Berkeley's Boalt Hall School of Law on Feb. 23, 2008 upon receiving the Outstanding Leadership Award.

**Community Activist**

Zheng began working for the Community Response Network (CYC) on April 16, 2007. Since then he has received three promotions, most recently to Project Manager. He now supervises nine staff members.

He described his struggle for acceptance in the Chinese community upon his release because of the media attention given to his fight against deportation to China. He was given the Chinese World Journal's Community Hero Award in 2007.

When Zheng was first hired by CYC, some of the program's financial backers "pulled out because I was an ex-con." Zheng adds that he was later "embraced because of my actions."He has pursued his dream of helping

Eddy Zheng marches at an immigration rally

young people avoid the mistakes he made at age 16, as an advocate for at-risk youth, prisoners and minorities who often lack access to the legal system.

Zheng quoted Margaret Mead in accepting the Outstanding Leadership Award from the Bay Area Asian Pacific American Law Students Association Conference. Mead said, "Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever works." He urged future lawyers to stay connected to the community. "When you're disconnected from the community, you're disconnected from your soul," he said.

"You are a miracle," he added. "When you are a miracle, you need to maximize your potential as an individual to make a difference in society. You have a responsibility to yourself, to your family, to society, and to this world because you are living and embarking on this finite journey called life."

"In order for us to impact the community, to make it one filled with peace and harmony, one where we can claim to be a democracy, where we can claim that we love our neighbors, our family, our children (because they are the future) you have to make a personal sacrifice. You have to dedicate yourself to serving the community and doing good work. Don't just do what is easy; do what is difficult… The community will always sustain you. And when you are right, nothing will overcome that."

**Words of Hope**

His message of hope and community service has taken Zheng to law schools, colleges and grade schools throughout the Bay Area. He is a peacemaker who has advocated for troubled youth facing expulsion from their schools, and has successfully mediated disputes between Chinese and African-American students in order to avert violence. Zheng is fluent in Cantonese and often volunteers to speak to groups of Chinese students and mediate conflicts among youth in Chinatown. He is often interviewed by mainland Chinese media and other news organizations regarding such diverse community issues as immigration reform, prison reform and effective means of reaching at-risk youth Zheng has been interviewed often by local Chinese media and other national media as well, regarding community issues including immigration reform, prison reform and how to reach at-risk youth.

**Realizing His Dream**

Also a published author, Zheng was most recently featured at a book reading and signing at the Southeast Campus of the City College of San Francisco on May 12, 2009 in order to promote the compilation of his writings, "*Other: An Asian and Pacific Islander Prisoner's Anthology*". His book was published by the Asian Prisoner Support Committee (APSC). He encourages Asian and Pacific Islander inmates to share their experiences in the form of written submissions to APSC. They will be published in a magazine form targeting at-risk youth.

**No Threat to Society**

He still faces possible deportation to China and is gathering support for a U.S. Senate bill to stop his deportation. He is undeterred by the possibility of having to leave his family and friends. "Each time he speaks, he gives a message of hope and inspiration to youth who seek change and alternatives from a life of crime," said KQED spokesperson. California Governor Arnold Schwarzenegger has said that, "Eddy poses no threat to society and should be allowed to remain in the United States to continue the work he has started with high risk youth."

Meanwhile, he has been studying Tai Chi with a Wu Shu and Tai Chi champion from Beijing as a part of his training for his work. In addition, he is preparing to enroll in a community college as preparation for eventual enrollment next year at U.C. Berkeley.

*"A tree as big as a man's embrace springs from a tiny sprout. A journey of a thousand leagues starts from where your feet stand." Lao Tzu, "The Tao Teh Ching."*

# NATIONAL NEWS BRIEFS

**WASHINGTON STATE** – 5-9-09 – A Seattle man became the third person in the U.S. to die as a result of the H1N1 virus. Worldwide the swine flu virus has led to the deaths of 53 people, most of them in Mexico, and sickened more than 4,100 others.

**IOWA** – 4-28-09 – Same-sex couples wasted no time in tying the knot in the nation's heartland after Iowa became the third state to allow same-sex marriages. Iowa, through a unanimous state Supreme Court decision, became the third state to allow same-sex marriages. A Vermont law permitting same-sex marriages will take effect in September.

**CALIFORNIA** – 5-8-09 – A new study has recorded a 12-fold increase over the past two decades in the number of autistic people who are receiving services through regional centers in the state. Autism, the cause for which is unknown, is a severe developmental disorder characterized by communication difficulties and a lack of socializing with others. Nearly five boys have the disease for every one girl.

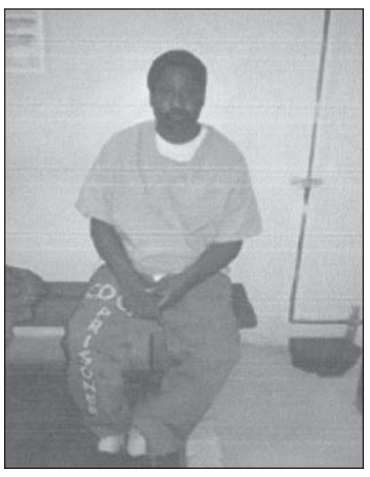
**UNITED STATES** – 5-9-09 – Job losses declined to the lowest level in six months amid signs that perhaps the worst part of the recession has ended. The jobless rate rose to 8.9 percent, and 13.7 million Americans are out of work.

**OAKLAND** – 5-8-09 – Devaughndre Broussard, 21, has admitted to being the triggerman in the 2007 killing of Oakland journalist Chauncey Bailey. In exchange for a sentence of 25 years in prison, Broussard plead guilty to two counts of voluntary manslaughter and agreed to testify against Yusuf Bey IV, the man who allegedly ordered the slayings.

**TEXAS** – 5-11-09 – U.S. District Judge Samuel Kent received nearly three years in prison after pleading guilty to lying to investigators about sexually abusing two female employees at his Galveston, Texas courthouse.

# Daniel's Dilemma

**By SHIRA SHAVIT, MD**
**Contributing Writer**



Daniel

Like the majority of those incarcerated in California prisons, Daniel had no health insurance upon leaving San Quentin. After one year in prison, his SSI was cut off after supporting him for nine years following his kidney transplant. He was given thirty days medication when he left prison.

Daniel was rejected after reapplying for SSI and faced an awful reality: would he have to go back to prison just to get his medications? Or would he stay out and jeopardize his new kidney?

Without medical advice, Daniel started taking his medication every other day to make it last, but soon he started having concerning symptoms. He was distraught and insulted by a system that made him feel as if he "didn't exist anymore" and that his life "didn't even matter."

Daniel did end up back at San Quentin and he is about to be paroled again. He's left with the same worries about his health and his future. No one should have to decide between incarceration and organ failure.

# *Asian Support Commitee*

## Reaches out to S.Q. Prisoners

**By HARRISON SEUGA**
**And**
**STEPHEN LIEBB**
**Staff Writer**

Members of the Oakland based Asian Prisoner Support Committee (APSC) came to San Quentin Health Fair on May 1, 2009 to connect Asian and Pacific Islander inmates with its culture, education and legal support services. The APSC hopes to raise awareness about the growing Asian/ Pacific Islander (API) population in prisons.

The APSC provides advice, research and referrals for reentry back into the community and immigration issues. The APSC volunteers, Ben Wong, Lo Niumeitolu, Sun Lee and Kasi Chakravartula learned of the need and concerns of API inmates through Eddy Zheng, a former API inmate who emphasized to them the need for community interaction with API inmates.

The APSC released the book, *"Other: An Asian and Pacific Islander Prisoners' Anthology,"* edited by Eddy Zheng and Ben Wong. They passed out copies to inmates and encouraged API prisoners to contribute writings and artwork to a zine to be distributed to API youth in the Bay Area.

San Quentin's API inmates appreciated the effort and commitment of the APSC volunteers. Perry Sinocruz, a Phillipino, described their presence as "refreshing." He said that he would be "writing about my experiences for the zine so I can use my life to try to help young people out there."

Eli Sala, a Samoan, said the APSC showed a concern for our "transition back into his community. They mentioned support for lifers and non-lifers. It will help a lot. It's hard when you don't have support when you parole." Sala added, "It feels good knowing there are groups out there trying to help us out. I had never seen one before."

Nghiep "Ke" Lam, Chinese, appreciated the enthusiasm of the volunteers in meeting a definite need. "They are reaching out to the incarcerated Asian Community. Every community has specific resources for a specific target population. The Asian/Pacific Islander group seems to be lacking in this regard. They are filling this gap," Lam said.

Letters and contributions to the zine can be sent to: *Asian Prisoner Support Committee at PO Box 1031, Oakland, CA 94604.*

# Health and Wellness Corner

The San Quentin News "Health and Wellness Corner" column runs every month. A University of California, San Francisco, health professional student will answer questions that you submit about health issues. Inquiries will be answered in the next month's paper. Feel free to ask us questions about any medical concern that you have, and it may be answered so that everyone can benefit. If you have a question, put it in a U-Save-Em envelope addressed to: Health and Wellness Corner, UCSF Doctors (Dr. Shira Shavit) – Medical Box. If you include your name and number, they will be kept confidential. Note that this column is for general medical questions.

**This edition, we will address the following question:**

**Should I Be Screened for Prostate Cancer?**

**What is prostate cancer?**

The prostate is a small organ that sits between the bladder and the penis. The prostate gland has a minor role in making a fluid that mixes with sperm and other fluids during ejaculation. Prostate cancer is uncontrolled growth of the cells in your prostate. When prostate cancer cells grow in an uncontrolled way, they can spread throughout your body.

**My doctor t old me I have a large prostate. Does this mean I have cancer?**

No! The prostate gland grows over time in all men. Some older men have large prostate glands. This larger gland pushes on your bladder and your urethra, which is the tube that carries urine from your bladder to your penis. When this happens, you may have to urinate more often, and it may take you longer to start urinating. If you are bothered by these symptoms, talk to a doctor about medications that can shrink your prostate. This enlargement of the gland is not dangerous, and it does not increase your risk for cancer.

**What is a PSA test?**

PSA (Prostate Specific Antigen) is a protein produced by the cells of the prostate gland. The PSA test measures the level of this protein in the blood. It is normal for your PSA protein level to be low.

What if my PSA protein level is high?

If your PSA level is high, it can mean one of two things. First, it can mean nothing is wrong, only that you have a large prostate gland. Second, it can suggest you have prostate cancer. The important thing is that a high PSA level does NOT mean you have prostate cancer. But your doctor will want to do more tests. The next test is usually a prostate biopsy, which involves sticking needles into the prostate so doctors can examine the cells for cancer.

Should I have a PSA Test for Prostate Cancer?

This is a very complex question, and there is no right answer. Experts recommend talking with your doctor about the pros and cons of getting screened for prostate cancer. For example, if you are African-American, or if your dad or brother had prostate cancer, then you are more likely to get the cancer. You are also more likely to benefit from the test, when you are in your 50s and 60s. In fact, experts recommend that you not have a PSA test if you are younger than 40 or over age 75.

Prostate cancer screening may not be helpful because the cancer grows very slowly, so most patients with prostate cancer die from something else, like heart problems, before the cancer becomes a problem. Also, surgical treatment for the cancer can cause problems, like trouble having an erection or difficulty holding urine. It is up to you and your doctor to talk about these issues to decide if a PSA test is right for you.

—David Kaufman, UCSF Medical Student

# The Real Purpose of Yoga

**By JAMES FOX**
**Contributing Writer**

The practice of Yoga in prisons has often been misunderstood or misperceived as coddling criminals. If yoga is properly taught, this could not be further from the truth. But before talking about the specifics of Yoga in prison, it should be helpful in offering some background on the practice.

The word Yoga means to join, and refers to the union of the body and mind, as well as uniting the mind with a higher rate of consciousness. Contrary to popular belief, Yoga practices are not specifically tied to Buddist or Hindu philosophies but rather stem from an ancient science called tantra, a Sanskrit word meaning expansion of consciousness and liberation of energy. In fact yoga can support whatever religious of spiritual belief one might have because its main aim is to release identification with the false self (the ego), and instead connect with one's true nature. This is why yoga is often referred to as affecting body, mind and spirit.

There are several different forms of yoga. For instance, Karma Yoga is the yoga of action in which one engages in work of service for others as a path to higher consciousness. Martin Luther King Jr., Mahatma Gandhi and Mother Teresa are good examples of Karma Yoga practitioners.

Hatha Yoga, which is what most people identify as yoga in the western world, is the yoga of effort. It is the physical form of yoga that employs conscious breathing and postures to develop mental, emotional and physical balance. An estimated seven million Americans engage in the practice and numerous scientific studies support the physical and psychological benefits of Hatha Yoga practices with veterans returning from Iraq and Afghanistan to address symptoms of Post Traumatic Stress Disorder (PTSD).

The body and mind are in a constant state of interaction, and the turmoil of life can create experiences of anxiety, depression, fatigue, despair, agitation and rage, particularly under incarcerates circumstances. While appearing to deal with the physical body alone, the regular practice of the stretches, twists and bends that make up the postures (asanas) of a class, along with the controlled breathing (pranayama), actually influence the nervous system and chemical balance of the brain. So practicing Hatha Yoga correctly not only can restore strength, flexibility and stamina to the body, it can also improve one's mental and emotional state.

My classes at S.Q. also emphasize discipline of the mind and body to build positive behavioral habits and impulse control, particularly as it relates to anger and addiction recovery. The classes help to develop the "witness", or what psychologists refer to as the observing ego. By being aware moment-to-moment of thoughts, emotions, breathing, and corresponding sensations in the body, one can develop the capacity to see things more clearly and interrupt old patterns that in the past were unconscious or automatic.

Put in the simplest terms, yoga is for people who want to challenge themselves to become more of who they really are. It helps free the mind from confusion and distress, allowing one to be at peace. And whether on the inside or out in society, yoga can be a valuable practice in support of one's lasting character change and overall well being.

*James Fox is a certified Hatha Yoga instructor who has practiced Yoga for more than 20 years including teaching for the past nine years. He has taught at least 600 classes at S.Q. since establishing the Insight Prison Project's Integral Health/ Hatha Yoga program in 2002. In addition to teaching the public, he teaches three classes weekly at the prison: two at H-Unit and one for North block participants.*

# Welcome to the 'Wonderful World' Of San Quentin Prison Journalism

**By STEVE McNAMARA**
**Contributing Writer**

San Quentin News staff and Advisory Board. Back row from left: John Wilkerson, Michael Harris, Bill Reeves, Steve Cook and Ted Roberts. Center row from left: Dave Marsh, Aly Tamboura, Kenny Brydon and Darrell Hartley. Front row from left: Steve McNamara, Joan Lisetor and John Eagan

It's a world of hurt for America's newspaper business. Circulation has been sliding for years. Ad revenue has fallen off a cliff. Bankruptcies are in the air. The San Francisco Chronicle and Boston Globe are hanging by a thread

With those disasters looming outside prison walls, the situation at the San Quentin News produced by inmates looks pretty good. Circulation is stable. Ad revenue is the same as ever—zero. The publisher, which is the state of California, has big money problems, but bankruptcy is probably not in the cards. That's the good newspaper news at San Quentin.

Now for the other news. I worked for newspapers outside the walls for 50 years before being asked by former Warden Bob Ayers and Lt. Rudy Luna to join John Eagan, Joan Lisetor and Steve Cook as advisors when the SQ News was brought back to life after almost 20 years. The objectives are the same outside prison and inside prison: find the story, write it, print it and get it to the readers. But a lot of challenges are brand new to Eagan, Lisetor, Cook and myself. Examples:

• Phones. Outside reporters rely largely on phone calls. San Quentin inmate-reporters can rarely use a phone, and only by pre-arrangement.

• Internet. E-mail, Google and other electronic research tools are the life-blood of outside reporters. They are not usually available to inmates.

• Network. At outside newspapers the computers used by writers, editors, designers and production are networked so stories and photos easily move electronically. Not so at SQ News. To move stories requires…

• Flash drives. Even this slower method of story transfer can be challenged because prison authorities are suspicious of flash drives and would be happier if they were banned.

• Photos. Inmates are not allowed to have or use cameras. Getting photos into the paper is a challenge.

• Searches. Inmate newspaper staff members must undergo strip searches when they leave the area where the newspaper office is located, which slows things down and results in some paperwork being confiscated.

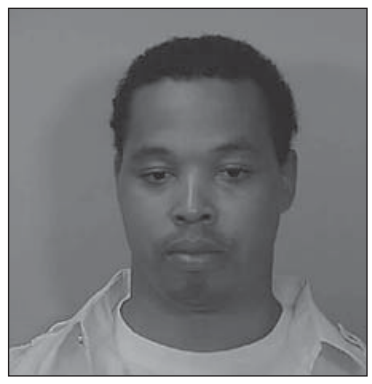
• Printing Press. Scheduled print dates fall by the wayside when inmate disturbances cause prison-wide lockdowns, so the April issue came out in May. Also, San Quentin's press does not have a newspaper folder attached to it so 7,500 copies of the paper must be folded and inserted by hand—a long process.

Despite all this, and despite the fact that the inmate staff had no newspaper experience eleven months ago, the quality result has amazed the four of us on the Advisory Board.

*Steve McNamara worked for the Winston-Salem Journal, Miami Herald and San Francisco Examiner. For 38 year was owner-editor-publisher of the Pacific Sun in Marin County. He was also president of the California Society of Newspaper Editors and the National Association of Alternative Newsweeklies.*

# *Recent S.Q. Parolee Murdered In El Sabronte*

**By STEVE BYERS**
**Contributing Writer**



Brandon James Hollis

Brandon James Hollis walked out of the gates of San Quentin State Prison on August 26, 2008 carrying with him the dream of getting his life back on track. Hollis, who had just finished serving four years at eighty percent, had everything going for him: a beautiful young wife, a loving supportive mother, and most importantly, the pending birth of his first child. Unfortunately, Brandon Hollis' dream was deferred on, April 29, 2009, when Brandon or "O.B." as he was known to his family and friends, was gunned down in El Sobrante.

Hollis' death reverberated throughout the Bay Area community, including here at San Quentin by those who knew him, both inmates and correctional staff alike. No one who had ever met Hollis, could deny his good heart, shining personality, or trademark contagious smile.

# S.Q.'s Best Kept Secret: Therapy by Hari Lubin

**By VINCENT RUSSO**
**Contributing Writer**

Hari Lubin

Every Friday at approximately 10:45 a spry 77-year-young gentleman, Hari Lubin, heads to the Education Building to sit one-on-one with those seeking to shift their core beliefs.

Many of these beliefs have lead to incarceration and some to addictions. These beliefs are no longer serving the individual well; in fact, many times it is the basis of unhappiness, chaotic relationships, and unhealthy family dynamics. The sessions promote the individual potential for transformation.

Those who have been fortunate enough to participate with Hari have found his therapeutic techniques unique. Hari is a Certified Advanced Emotional Freedom Technique Practitioner (AEFT). AEFT is based upon discoveries by Dr. Roger Callahan and Gary Craig. The premise is that all negative emotions are a disruption in the body's energy system.

Hari stated in an interview, "I bring to this work all that I have studied, experienced, and worked with - including my own personal issues and spiritual realizations. This allows me to hold the space for my clients while I work with them on their deep-seated issues so that they may return to balance."

Those who have had sessions with Hari have found him to be a gentle soul who truly cares for those incarcerated.

One of the advantages that Hari brings to S.Q. is that anyone can sit with him, and discuss what is going on. This man with integrity will hold your confidentiality. One of Hari's areas of expertise has been working with those who have Post Traumatic Stress Disorder (PTSD). Not only do veterans suffer from this but also those who have been incarcerated or have had a traumatic experience in their life. Hari has been volunteering his time with the Vietnam Veterans Group of San Quentin (VVGSQ). The U.S. Congress has recognized the VVGSQ program and Hari.

Steve Emrick and Patch Adams sharing a light moment

# Steve Emrick

***Continued From Page 1***

Emrick has successfully petitioned $30,000 in grant money which has been used to bring artists and other instructors into the prison. Such notables as doctor and humanitarian Patch Adams and local author Tobias Wolff are recent visitors.

Some of the activities which Arts in Corrections features are music, painting, creative writing and drawing. The program provides an outlet for prisoners' artistic expression and is one of the last art programs among California's 33 overcrowded prisons. Not many people have the patience and tenacity which Emrick possesses which allows him to teach in the prison environment.

"I resigned three times in my first year as a teacher," says Emrick. "My boss kept talking me into coming back."

"I do see an influence in the program; it does make a difference," says Emrick "The art program improves public safety by lowering recidivism."

# ARTS & ENTERTAINMENT

## Poetry

### I am Who I am

*I am Who I am*
*But I'm not who I was.*
*I wonder what one mistake in a life time does?*
*I hear happiness all around my life and me,*
*I see happiness being cut off;*
*Right after my boundaries.*
*I want only, what I cannot have.*
*I am as if "me" but now it is time*
*To take a different path.*
*I pretend to people and myself that*
*I'm ok*
*I feel deep down that I'm only sending*
*My real feelings away.*
*I touch the world as if I can control it,*
*To make it perfect.*
*I worry about everything in my life, but*
*Myself and wonder if it's worth it.*
*I cry when hardships are here,*
*I am unexpected when something new*
*Appears, just like a hawk when finding*
*It's prey.*
*I understand all different cultures,*
*Religions, and ways.*
*I am as if normal, because normal is only different.*
*A dream I haven't yet succeeded, is a dream*
*I still have to accomplish on my mission.*
*I am who I am, but I'm not who I was,*
*Although I will be who I'll become,*
*For I am.*
**—Sabrina Nichol Garcia**

### Sharing My Peace

*Peace is our future, peace is our goal*
*Peace is something within our control*
*Peace in our homes, Peace on our streets*
*Peace is the winner we cannot defeat*

*Unite a community, get past the colors*
*Live in tranquility, Love all your brothers*
*A moment of clarity, we seek to uncover*
*Living in harmony, we need one another*

*Peace is forgiveness, Peace is our grace*
*Peace in our hearts, for us to embrace*
*Peace is an olive branch, Peace is a dove*
*Peace is to give unconditional Love*

*Reaching a compromise, a common ground*
*An inner child that wants to be found*
*Accepting yourself and those you're around*
*The stillness of night not even a sound*

*Peace is surrender, Peace is Serenity*
*Peace is living your life with integrity*
*Peace is humility, Peace is our gratitude*
*Peace is a loving and caring attitude*

*Acting responsibly we cannot pretend*
*Living respectably in all we attend*
*Being accountable and making amends*
*Not insurmountable on Peace we defend*

*Peace is our guidance, Peace is our light*
*Peace makes it possible to put this in sight*
*Peace is our faith, Peace is our choice*
*Peace is uniting and using our voice.*
**—David Mairs**

*In dedication to the S.Q. Day Of Peace Committee and our sponsor Associate Warden K. J. Williams*

## Snippets

**Q**uarter Horse's get their name for their ability to run a 1/4 mile at high speeds.

**U**lcers are caused by bacteria that thrives in stomach acid.

**A** fetus has finger-prints in the first trimester.

**R**ed Sea is named for the algae that turns the water red.

**A**laska has both the western and eastern most points in America.

**N**ew moon is in the first phase and cannot be seen.

**T**erra cotta means colored earth in Italian.

**I**ce is a mineral.

**N**eptune has the strongest winds in the solar system.

**E**l Nino, which begins in late December, refers to the Christmas child.

### Lovely One

*Last night*
*a lovely woman,*
*tall, blond, fortyish;*
*almost turned her ankle turning*
*back to take a second look at him.*

*He saw this question in her eyes,*
*"You think I'm really that beautiful?"*

*The loveliness in the vulnerability*
*he saw in that aching look*
*made him want to run to her,*
*wrap her in his arms,*
*kiss her eyes and tell her,*
*"Yes, yes, yes, you are that lovely."*

*But , in this reality,*
*instead of doing what his heart wanted,*
*he had to turn away*
*and put the baseball equipment*
*back into the trailer.*
**—John Neblett**

### Last Month's Sudoku Solution

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 3 | 2 | 5 | 8 | 7 | 4 | 6 | 9 |
| 7 | 6 | 8 | 4 | 9 | 1 | 3 | 5 | 2 |
| 4 | 5 | 9 | 6 | 3 | 2 | 1 | 8 | 7 |
| 2 | 1 | 5 | 8 | 4 | 6 | 9 | 7 | 3 |
| 8 | 7 | 3 | 9 | 2 | 5 | 6 | 1 | 4 |
| 6 | 9 | 4 | 1 | 7 | 3 | 5 | 2 | 8 |
| 5 | 2 | 7 | 3 | 1 | 4 | 8 | 9 | 6 |
| 3 | 8 | 1 | 9 | 6 | 9 | 2 | 4 | 5 |
| 9 | 4 | 6 | 2 | 5 | 8 | 7 | 3 | 1 |

## S.Q. Variety Book Club Book Review

**By RANDY MALUENDA**

***THE KITE RUNNER (by Khaled Hosseini) -- Friendship, betrayal and redemption before and during Taliban Afghanistan.***

***THE ROAD (by Cormac McCarthy) -- Father and young son travel the danger ous and desolate landscape of post-apocalyptic America.***

***THE TIPPING POINT (by Malcom Gladwell) -- Author describes factors that determine the source and viability of movements and trends.***

***WHAT IS THE WHAT (by Dave Eggars) -- "lost boys" of Sudan suffer hardship and publicity.***

***YUROK WOMAN -- Life and adventures of Native American in 19th century California.***

***RATINGS:***
***Top responses are four ribbons progressing downward to one:***

***Responses which are two ribbons or less are not recommended reading:***

Art by Erin O'Connor

## Sudoku

**By GEORGE LOWE**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 1 | | 5 | | | | 7 |
| | 9 | | 7 | | 1 | | | 5 |
| | 7 | | | 3 | | 1 | | |
| | | | 6 | | | 9 | | 2 |
| | 6 | 7 | | | | 8 | 4 | |
| 2 | | 9 | | | 3 | | | |
| | | 8 | | 6 | | | 9 | |
| 7 | | | 9 | | 8 | | 3 | |
| 9 | | | | 4 | | 7 | | 8 |

# Countryman's Long Road Home

**FROM S.Q. TO DEUEL VOCATIONAL INSTITUTE BACK TO S.Q. BEFORE PAROLING**

**By JEFF BROOKS**
**Journalism Guild Writer**

Randell Countryman

"All I was trying to tell the (DVI) officer was to speak to my counselor, I wasn't supposed to be here... then the officer told me I had five seconds to comply with his order and to get back in the cell," said Randell Countryman.

After spending 21 years behind bars, Countryman, 39, granted parole, departed San Quentin, only to return two days later.

A bureaucratic snafu by prison officials, led Countryman through a harrowing ordeal in his attempt to parole. Countryman, who was to be transferred to San Diego so he could be picked up by his parole agent, was instead dropped off at Deuel Vocational Institution in Tracy for two days, than returned to S.Q., according to Countryman.

Countryman, a fixture within S.Q.'s many self-help and leisurely activity groups, participated in groups such as: Anger Management, Alternatives to Violence, Breaking Barriers, AA/NA, Patton College, The Journalism Guild of S.Q., Blues Brothers Football and the Giants Baseball programs.

Everyone who knew Countryman couldn't help but like him with his easygoing personality, and he liked to laugh and joke a lot. In his college classes he always introduced himself as "Republican Randy."

"I'm comfortable with who I am now. I don't just see things through my own perspective anymore," said Countryman. "The college program has helped me to look at things with more of an open mind," he said.

"The prison environment, along with maturity, has taught me balance and peace. I've gained a greater sense of compassion for other human-beings, and its something I will take with me outside," he said.

Anybody who knows Countryman, knows he's got a couple of big passions. His first love is NASCAR, especially Dale Earnhardt Sr. He also loves baseball, and was a member of the S. Q. Giants baseball team.

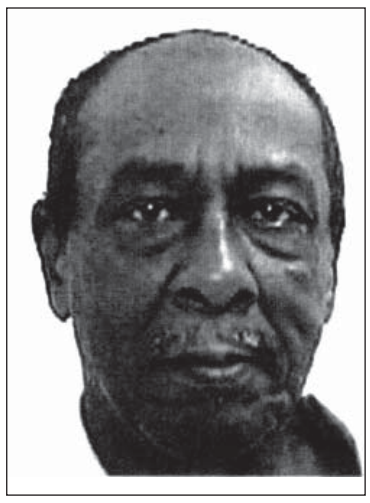
"The first thing I plan on doing is picking up a pack of smokes, a lighter, and a Pepsi, because, I'm still pissed off tobacco was taken," said Countryman. When asked what his immediate plans were, he said, "My first meal will be my mom's lasagna, and this Mother's Day will be the first time in 22 years that my brothers and I will be able to spend it together with her, I can't wait."

When asked what he did when the correctional officer ordered him to get back into the cell within five seconds, Countryman said, "I told him I didn't need that long and I immediately got my butt back inside."

Eventually the error was recognized by staff, Countryman was sent back to S.Q., spent the night, and said goodbye to everyone all over again. The next morning Countryman was provided a special transport to Lancaster state prison where his parole agent was to meet him and take him to San Diego and his waiting family.

# Prisoner Richard Shores Passes After Parole Denial

**By JULIAN GLEN PADGETT**
**Journalisn Guild Writer**



Richard Shores

Friends of Richard Shores gathered at the Garden Chapel Friday, May 8, for a ceremony to remeber him in life, and to mourn his passing .

Soft music filled the hall as several inmates, some free staff and correctional officers took their seats. As people filed inside the mood was noticeably somber and quiet.

But that feeling immediately changed when Pastor Morris A. Curry stood and approached the microphone. He lowered his head while clearing his throat and said,"Today we're here to remember a colleague and a friend, a man of strength, kindness and integrity."

Those in attendance nodded there heads in silent approval at Pastor Curry's opening statement.

"Now all of you here today knew Richard Shores or worked with him. I want to give you a moment to speak about him."

An inmate named Angel said, "I worked with him on the clean -up detail. He had a feisty character but he was fair." After taking a few seconds to compose himself Angel said what all were feeling at that moment. "Mr. Shores will be missed."

As the ceremony progressed, energy from everyone and the various speakers generated a sensation that radiated a feeling of sincere warmth, and respect. Inmate Bishop said. "Shores marched with Dr. Martin Luther King Jr. and was involved in the civil rights movement. In the end he didn't let his illness define him. He felt the election of President Obama was truly a historical event. An honoring song was shared by a Native American prisoner. At the end he said, "This song is for the man who walked mother earth for us all."

A solemn prayer called the Mourner's Kaddish was recited by John Sklut a Jewish inmate here at San Quentin.

Before the service approached its end, Corrections Officer Wright said, "If you knew him you could see that he was dependable and a hard worker But I grew to know him as a good man in an honest sense. I'm gonna miss him."

"He was a person full of life and he wanted to see his sister Brenda and his ex-wife Virginia one last time before he died," said Shores's last cell mate Kevin Daniel. "The parole board gave him a date but they took it away because he didn't have a place to go after he got out. He was a tough man but that bothered him deeply."

Daniel explained, "Shores had a saying before he went to bed. He would always tell me, 'I'll see ya', its time for me to catch up with the other side of sleep." Putting his hands in his pockets Daniel blinked his eyes a few times and looked up towards the ceiling and said, "Shores was my friend, and a good one."

As I write this my prayers are with Shores, his family and all of us. Because in the end what really matters is not just how a man lives while he is here but how a man is remembered after he is gone.

# *S.Q.'s Prison Hobby Craft Last in the State*

**By DANIEL TREVINO**
**Journalism Guild Writer**

California Department of Corrections in the mid 70's established a hobby craft program for incarcerated inmates.

San Quentin's hobby craft program is one of the last left operating in the state's penal system.

For over 30 years the hobby shop was located on the bottom floor of the "old hospital building."

Once construction began on the new hospital , the hobby shop was moved to the converted "old" laundry building, and has been there since 2006.

The hobby program and gift shop are run by hobby manager Andrea Williams for Condemned Row, and Chris Howard supervising the mainline.

The hobby shop is open seven days a week from 8 a.m. until 2 p.m.. The gift shop is open from Wednesday thru Sunday from 8 a.m. until 1 p.m..

In order to participate in the hobby program you must be privilege group A and fill out an application form. Acceptance into the program is limited by the availability of space.

There are approximately 50 mainline prisoners who use the hobby shop, plus 50 who do in-cell hobby. In addition to those in Condemned Row, the total number of inmates participating is 350.

Items made in the hobby shop include woodcraft such as jewelry boxes, clocks, chess boards, miniature pianos, pool tables and cable cars.

In-cell hobby craft consists of beaded jewelry, oil-on-canvas paintings, pastels, greeting cards and artwork done in both pen and pencil.

Prices vary from greeting cards for two dollars to paintings and jewelry boxes that sell for several hundred dollars.

Prisoners use the money made from sales to purchase materials needed to continue their artwork. Most use the money made from sales to send home to their loved ones.

A sample of most of the art craft made in S.Q. can be seen and bought at S. Q.s gift shop located near the front entrance of the prison.

# Q&A On Learning to Play The Guitar

**By JUAN HAINES**
**Journalism Guild Writer**

**An Interview With**
**KURT HUGET**

**What influenced you to work with prisoners?**

Because of my work with Bread & Roses, I had been to San Quentin several times, presenting music workshops. When Steve Emrick told me that the arts program wanted to start a weekly guitar class, it sounded like an interesting challenge to me, so I accepted his offer to teach it. I had only taught sporadically before, so I had to prepare for teaching a group, particularly one with varying degrees of musical experience among the students.

I knew that the students had a genuine interest in learning to become better at playing music. And I wanted the opportunity to further my teaching practice, so I figured that it would be a good experience for all of us, and that's what it's turned out to be.

**What are your expectations for the guitar class?**

First and foremost, I wanted everyone to have some fun and be creative. I'm trying to pass along, in a quick and easy way, the things that I've learned over many years of playing. I teach the basics (chords, strumming patterns, etcetera) to the first-time players, and advanced techniques to the more experienced pickers. I want playing the guitar to be enjoyable and satisfying every time you pick one up. And I always encourage players to experiment, not to be afraid to make mistakes. Sometimes mistakes turn out to be brilliant ideas.

**What are your musical roots?**

I started off playing classical piano when I was eight, but like many guys my age, as soon as The Beatles came along, I switched to the guitar. I've always been interested in listening to, and trying to play, different kinds of music: rock, blues, folk, jazz, country, reggae, Irish music, etcetera. For me, listening to one kind of music would be like eating the same thing every day for breakfast, lunch and dinner! Also, since I'm a songwriter too, I've paid a lot of attention to the great American songwriters, going back to the 1920s.

**How can new students enroll in your class?**

New students can just show up for the class, on Thursday nights from 6 to 8. If they want to get a loaner guitar, they'll to need to ask Steve, and also demonstrate that they're committed to staying in the class for the long run.

**What would you like to say to the prison population about music?**

Playing music is just about the most therapeutic thing I know to do. It makes me feel better when times are tough, it makes me feel like I'm creating something and expressing myself in a way words can't do, and when I play with others, it makes me feel connected in a brotherly way. I encourage everyone to take advantage of this class, as well as the other activities in the Arts In Corrections programs.

# OPINION

Editorial Opinion

## An Education Should Lower Prison Sentences

**ALY TAMBOURA**
**Design Editor**

On the heels of a federal court ruling that says prison overcrowding is causing unconstitutional medical care in California prisons, a change in sentencing credits may be a viable option for law makers to bring the state prison population down.

For years it has been rumored among prison inmates that the California Department of Corrections and Rehabilitation (CDCR) was considering a change in the sentencing credits to alleviate prison overcrowding. More than ever it seems as if the rumors may come to fruition. The CDCR is now considering rewarding inmates with enhanced sentence credits for completing predetermined rehabilitation programs.

The Secretary of the CDCR, Matthew Cate "wants to reduce the prison population with enhancements for inmates who complete certain rehabilitation programs such as GED, college degrees and vocational training," according to an April article in the San Francisco Chronicle.

The article was published in the wake of Counsel to the Senate Public Safety Committee, Steve Meinrath and Jerry McGuire's visit last March to an Ethics class at San Quentin, which is part of the Prison University Project (PUP). A week later secretary Cate visited the same class. The visits were

in culmination of Jody Lewen, PUP director, testifying March 10 at a joint hearing of the State Senate and Assembly Public Safety Committees on prison education.

Why visit a college class jammed with inmates, why hold hearings and why now? A possible answer to the question is: state officials must respond to the federal court ruling demanding a fix to the prison overcrowding problem. Changing the sentencing credits for prisoners who obtain an education is one option to help lower the prison population.

It makes sense to reward those prisoners who utilize prison education programs and take a proactive role in their rehabilitation. The benefits of an education on the offender's ability to assimilate back into society are immense. Furthermore, empirical data proves that educated people commit less crime. Thus, education is a proven strategy that can be used to help quell California's depressing offender recidivism rate, which stands at more than 70 percent.

In a time when the CDCR is looking to implement evidenced based rehabilitation programs, it is time to reward those who are striving to educate themselves and those who learn trades. Education is rehabilitation and those who are rehabilitated should be rewarded through the elevation of their sentencing good-time credits.

Does society want an uneducated, unskilled offender with little hope of success paroling to their neighborhoods, or an educated offender with job skills and a mindset to succeed? The obvious answer is the latter, as is a proven fact that when a prisoner is rehabilitated through education the risk they pose to public safety is greatly diminished.

With California's dismal financial situation, taxpayers should no longer have to burden the cost of keeping offenders, who have achieved educational milestones and are ready to be released, behind bars. Longer prison sentences do nothing for public safety; 90 percent of offenders will be released, when and how is currently in the hands of the legislature and state officials. Making an allowance for education in the process of lowering the prison population seems like a no-brainer and is a step in the right direction.

## California Drivers Licenses Made Available to Parolees

**By DAVID MARSH**
**Staff Writer**

San Quentin officials are moving ahead with plans for a pilot program that would enable parolees to leave the prison with a driver's license or state identification card in their possession. Most certainly prison administrators are to be applauded for getting behind such a widely beneficial project.

The pilot program will closely mirror one that's already underway in three other California prisons. Still left to be ironed out are the details of how payment will be made for the $27.00 driver's license and the $23.00 state identification card, the cost of which will be borne by the inmates themselves. There is a possibility that parolees may be able to have the fee subtracted from their $200.00 gate money.

In order to gauge interest among inmates for the program, a recent survey was taken of H-Unit Stand Up Program participants, and the results of the survey revealed an overwhelmingly positive response and interest.

In these gloomy economic times where programs are much more likely to be cut than initiated, the birth of such a hugely inmate-beneficial program is truly a welcome breath of fresh air. Anyone who has ever paroled from a prison without at the least a state identification card knows just how much of a blessing such a program would be for us, the inmate population.

Two thumbs up to the administrators who have contributed their time and energies to make this program possible!

## INPUT SOUGHT

I am currently researching for a story in our next issue regarding the dental care that we receive here in S.Q. I would sincerely appreciate any input from both staff and inmates alike, including observations, comments and/or personal experiences. Please drop your comments into a U-SAV-EM envelope addressed to S.Q. News at the Education Department.

If you are in H Unit, you may contact me at Dorm 4-06L. Your cooperation will enable to me to put together a comprehensive and quality story. Thank you.

**DAVID MARSH**
**4H-064-L**

## *Why Self-Help Programs Matter*

**MICHAEL HARRIS**
**Editor-in Chief**
**and**
**STEPHEN LIEBB**
**Staff Writer**

How do we measure the value of a program designed to help inmates? Which programs are effective and produce results that can be quantified? Which programs should be kept and which should be discarded? These are valid questions that have taken on more significance in the wake of the ongoing and escalating violence in Oakland.

An understandable and emotional response to the slaying of four Oakland police officers has been a demand for a revision of the parole system to make it harder for inmates to be paroled and for even tougher sentencing of felons. This reaction urges that we throw away those who have committed crimes forever.

Van Jones, President Obama's advisor on green technology wrote in his book, *The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems*

"…the green economy must do more than reclaim thrown-away stuff. It must also reclaim thrown-away lives and thrown-away places. And it must reclaim the thrown –away values that insist we are all members of one human family, with sacred obligations to each other."

Self-help programs and groups at S.Q. are reclaiming thrown away lives and people. This is a sacred duty and the essence of the green movement. Those of us who have been broken and restored to wholeness through the efforts of volunteers and the training and teaching of programs constitute a vital force whose value is recognized by Jones and others. Jones said to us in his talk at S.Q., "San Quentin can take healing and recovery to a different level."

"Sometimes a breakdown is what is required before you can have a breakthrough. The country is going through a breakdown, it can lead to a breakthrough," Jones said.

Jones argued that it is useful to "talk to people who have walked through the process of recovery. Sometimes it's not easy, not always a straight line."

Ancient teachers of Kabbalah also recognized the value of brokenness. They recognized that the depth of failure was also a path to reach our inner core of strength and holiness.

One such teacher said, "There is nothing more whole than a broken heart."

A Hebrew poet wrote, "Forget your perfect offering, there is a crack, a crack in everything. That's how the light gets in."

Before we throw away any program we need to consider the value of a person it may have helped. It is true that some programs duplicate areas covered in other programs. But each program has its own tone and character and may be more effective in communicating to certain individuals than others.

Different classes may provide the moment a person needs to have that breakthrough moment. S.Q. is characterized by a remarkably low incidence of violence. This may be due in part to the availability of self-help programs and the positive outlets they provide for inmates to share feelings and experiences, vent and receive feedback.

Self-help programs have a positive effect on maintaining a peaceful environment on this mainline. These same programs may also reduce violence in our communities.

Inmates in reception center housing who will return to Oakland and other Bay Area communities torn by violence need access to self-help programs. Programs need to be expanded and made available to more of the population. Lives may be saved if a young man is given a future and hope through a group or program.

Self-help programs are not like American car companies, businesses with products that not enough people want to buy. Many programs have to limit participation because there are more inmates who want to participate than they can accommodate.

We urge that before any program is discarded or a human being is thrown away, the value of the life it may restore to wholeness be part of the calculation. The lives it may save by preventing violence are of inestimable worth.

## H-UNIT MAC CONCERNS

**By SQ News Staff**

The sound of live music could soon make a return to the H Unit yard under a plan tentatively approved by H Unit Capt. S. Donahue. Details of the plan are still being worked out, but could allow for live music performances every other week through the summer.

At a recent informal meeting with the Men's Advisory Council (MAC) members, Capt. Donahue was introduced as the new H Unit captain, and Associate Warden J. Lawson was also introduced in his new role as H Unit A.W.. Lieutenant M.D. Thompson has resumed his post on 3rd watch.

Residents of H Unit should note that MAC bulletin boards have been installed in each dorm and will be continually up-dated with information affecting S.Q. inmates. Dorm residents are encouraged to contact their dorm MAC reps with any problems they seek help with. Their concerns will be brought to the attention of the full MAC.

# A Retro Look at SQ News

***Article From October 22, 1982***

Rand Studies

## Long Sentences Urged For Frequent Offenders

''Violent predators'' who terrorize the public with repeated street crimes could be identified and removed from society for long periods by selective sentencing, two studies suggested recently.

Rehabilitation is being abandoned as an unrealistic goal of criminal justice, the Rand Corp. studies said.

Crime could be reduced without overcrowding prisons, the studies said, by imposing long sentences on an identifiable class of ''violent predators,'' and shorter sentences on other criminals.

''We call this type of sentencing policy 'selective incapacitation,' '' a report by Peter W. Greenwood said. There was a companion report by Jon and Marcia Chaikens.

The reports, commissioned by the federal government, acknowledged that the results would be controversial on ethical grounds because they recommended some criminals be freed while others convicted of the same crimes be kept in prison for years ''in order to prevent crimes they might commit in the future.''

''The system we now have implicitly accepts this concept for both criminals and mental patients. Preventive detention is a fundamental premise of incapacitation.''

The six-year studies, done with a grant from the Department of Justice, were based on a survey of nearly 2200 prison and jail inmates.

The studies acknowledged that the researchers had access to information with the prisoners' cooperation that prosecutors and judges would not have in real life, such as juvenile crime histories that remain secret in most states.

Half of the robbers behind bars committed fewer than five robberies a year, the studies said, while 10 percent — the ''high rate'' robbers — committed more than 87 per year apiece.

Half the imprisoned burglars committed fewer than six burglaries a year, while the most active 10 percent committed more than 230 annually.

The studies identified seven factors and the researchers said the presence of any four usually identified the ''violent predator'' type:

- Being in prison or jail more than half the time in the two-year period before the most recent arrest.
- An earlier conviction for the crime being sentenced.
- Criminal conviction before the age of 16.
- Having served a term in a juvenile prison.
- Heroin or barbiturate use in the two years before arrest.
- Heroin or barbiturate use as a juvenile.
- Being employed less than half the time in the two-year period before arrest.

# National Prison News Briefs

**1. SACRAMENTO, CA.** —The California Department of Corrections has submitted a 42-page plan to resume the execution of prisoners at San Quentin State Prison. Public hearings on the plan are scheduled for June 30. Executions have been on hold since US. District Judge Jeremy Fogel ruled that California's lethal injection procedures are "broken" in 2007.

**2. MAYNARDVILLE, Tenn.**— Former death row inmate freed after spending more than two decades in prison. His release came after a Supreme Court ruling granting a new trial after DNA tests revealed inconsistencies in the prosecutions case.

**3. HARTFORD, Conn.**— Connecticut's House of Representatives voted on a bill to eliminate the state's death penalty. If the bill wins, the death penalty will be replaced with offenders receiving life sentence without chance of parole.

**4. WASHINGTON**— The Supreme Court will review whether sentencing Juvenile offenders to life sentences is cruel and unusual punishment. The court will hear the cases of two Florida men who were sentenced at young ages to life in prison in the fall term.

**5. ALBUQUERQUE, N.M.**— Former Jail official was sentenced to more than eight years in prison after being convicted of using excessive force on inmates in two separate jail facilities. Five other jail officials were also entered guilty pleas in the beatings.

**6. BOSTON, Mass.**—Legislation to limit access to criminal records of offenders released from prison has been filed by Gov. Deval Patrick. The measure will make it easier for ex-offenders to find housing and employment after incarceration.

**7. McALESTER, Okla.—**Donald Lee Gilson, 48, was executed May 14. Gilson was convicted of killing his girlfriend's 8-year old son, but proclaimed innocence up to the time of his execution.

**8. ATMORE, Alabama** — Willie McNair, 44 was executed May 14 at Holman Prison. He was the fourth person executed in the state this year.

**9. AUSTIN, Texas** — Texas death row prisoner has been charged for smuggling cell phones into the prison where he is housed. 30-year-old Richard Lee Tabler caused a statewide lock down while officials looked for the cell phones.

**10. FARGO, North Dakota**— Journalist Roxana Saberi, 32, was released from an Iranian prison where she was serving an eight year sentence after being convicted of spying for the U.S. government last month. Her release comes after pressure for the Obama administration demanding her release.

**11. NEW YORK CITY, NY**— A Rikers Island inmate has contracted the swine flu. The inmate came into contact with more than 70 other inmates who were screened for the illness, none of them have the flu.

UC Berkeley winning Democratic Education Program participants celebrate their victory

# Computer Skills

***Continued From Page 1***

access it electronically and then print it themselves. How can someone who has never used a computer complete this task? Basic computer skills have become a necessity to function in the world today, and we hope to teach these lessons on the computers we bring into the prison.

Hays is quick to point out, "Of course we rely heavily on prison staff participation. And that if it was not for Vice-Principal Kellum it would be difficult to bridge the gap between UC Berkeley and San Quentin semester after semester. In addition, if not for Ms. Ficarra's ability to coordinate and place us within various classrooms on the prison side, we would be absolutely sunk!"

*By Michael R. Harris*
*Editor-in-Chief*

**Contributions by**

Journalism Guild of SAN QUENTIN


# San Quentin News

Current and past copies of the San Quentin News are posted online at:
http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_newsletter.html

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# We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances. Use the prison appeals process.

However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. Poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
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# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO.6 | JUNE-JULY 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION: 5,435


# Cate Supports Plan to Enhance Sentence Credits

Mayor Gavin Newsom and Secretary Matthew Cate

**By ALY TAMBOURA**
**Design Editor**

CDCR Secretary Matthew Cate visited San Quentin last month and gave the SQ News a few minutes of his time to answer questions. The central question asked: "Is there going to be a change in the prison sentencing credits?"

Under Gov. Arnold Schwarzenegger's proposal, the state would award prison inmates with sentencing credits for completing education and vocational programs. The credits would amount to 10 percent of an inmate's sentence per year or about a five-week sentence reduction, according to Cate.

"Credits for achievement not just for, you know, having your rear end in a seat,

*See* **Sentencing Credits** *Page 4*

# Gov. Rejects Prison Health Care Proposal

**By DAVID MARSH**
**Staff Writer**

An agreement intended to overhaul and modernize the state's prison health care system has been rejected by Gov. Schwarzenegger as being more than the state can afford.

The deal tentatively agreed to in May between state corrections officials and the federally appointed prison medical receiver would have provided two new prison hospitals for long-term care at a cost of 1.9 billion dollars.

It was also seen as a first step toward ending the 21 years of litigation over the poor quality of the medical and mental health care provided in the state's 33 prisons.

The present settlement had been touted by state corrections secretary Matthew Cate and receiver J. Clark Kelso as an affordable compromise in the long running legal battle which appears headed for the U.S. Supreme court.

After agreeing to the outline of the proposal agreement in May, Cate, in a June letter to Kelso, stated that California can no longer afford the $1.9 billion price tag.

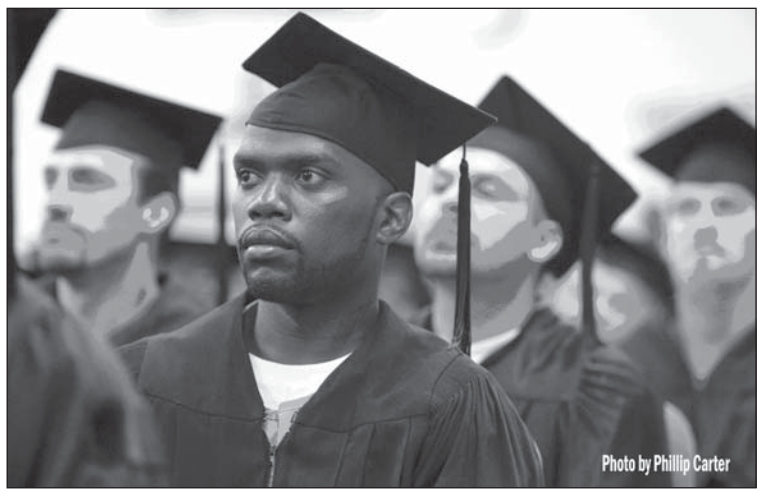
A spokesman for the receiver's office, Luis Patino, stated: "This is now a matter for the courts. The receiver will have no public reaction at this time."

In the letter to Kelso, dated June 24, Cate said, "the state cannot, at this time, become further indebted for correctional health care."

**Recent disruptions at San Quentin, including the annual education summer vacation and the swine flu quarantine, have resulted in a decision to run the June and July issues of the SQ News as one edition**

# *S.Q. Celebrates Its 2009 Graduation Ceremony*

**By ARNULFO GARCIA, DANNY TREVINO AND JUAN HAINES**
**Journalism Guild Writers**




San Quentin 2009 Graduates

As the cheers of their supporters and family members carried throughout the Garden Chapel, 157 men from San Quentin received educational and vocational certificates and degrees at the annual commencement ceremony. More than one face in the audience registered the evidence of a passing tear, and forgotten momentarily was the looming threat for massive cuts in prison educational programs as Chief Deputy Warden Vincent S. Cullen addressed the standing room only crowd, Thursday, June 18.

The Vietnam Veteran's Group of San Quentin Color Guard had opened the ceremony as they carried in the American flag. They were followed to the stage by Cullen.

"You have accomplished some great things here," said a smiling Cullen. "This is a bright moment in the dark time. This is a very big event in rehabilitation. Take this moment and focus on your accomplishment."

Master-of ceremonies and Education Vice-President Frank Kellum mirrored Cullen's pride for the graduates. "What these men accomplished today proves that they have the determination to move forward," Kellum said in acknowledging the efforts of this year's honorees.

With smiles radiating throughout the packed chapel area, 49 men stepped forward to receive their GED certificates, along with the 13 who received vocational certificates and the lone recipient of a high school diploma. In addition, 14 former students of Patten College made their way to the stage to receive their Associate of Arts degrees.

Dr. Martin C. Jones was the keynote speaker for the ceremony, along with Tiffani Neal who represented Patten College.

*See* **2009 Graduation** *Page 9*

# Mayor Newsom Answers Prison Reform Questions

Mayor Gavin Newsom with SQ News editors and S.Q. Journalism Guild Members

San Francisco Mayor Gavin Newsom and CDCR Secretary Matthew Cate made a tour of San Quentin and permitted the SQ News and Journalism Guild to ask Newson, who is running for the state governorship, questions about what position he would take toward reforming the California prison system if he is elected Newsom said: he would not sanction the sale of San Quentin to cash in on its real estate value. He also believes that the three strikes law needs work to make it more equitable. And if elected governor, he would take a proactive role in the lifer parole process. Here is what he had to say:

**Q:—Arnulfo Garcia**: If you are elected governor would San Quentin be more important to you as a prison or would you consider selling the land?

**A: —Newsom:** I'm not promoting and would not promote the sale of San Quentin. That being said, I would like to see some of the good things happening here expanded in scale. I just was in prison industries, getting these kind of programs expanded, more rehab programs, and really start changing in a positive manner, building on some of the good things that happen here changing the culture of the prison and really focusing on the things that work would be my goal, I don't want to see the status quo….I want to continue to see improvement. I think that the Secretary is moving in the right direction and I think the state recognizes what is working, we just have to fund what works.

**Q:—Arnulfo Garcia:** As governor what would be your stance on the three strikes law?

**A: —Newsom:** My father was on the California Court of Appeals for 15 years and is one of the big vocal critics of three strikes law. I know we made some amendments and changes and were given a little bit more discretion, but I do think it still needs to be tweaked. I think we need to amend it, we need to start fixing it because it's not just the third strike, it's the enhancements on the second strike too. For those non-serious, non-sex, non-violent offenses for the third strike, we've got to obviously be more sensitive to prescriptive rules, so I've got a strong desire to see changes made.

**Q:—Juan Haines:** Proposition 89 enacted in 1988, requires the governor to personally approve each parole decision that finds a prisoner who is sentenced to an indeterminate term of imprisonment suitable

*See* **Mayor Newsom** *Page 2*

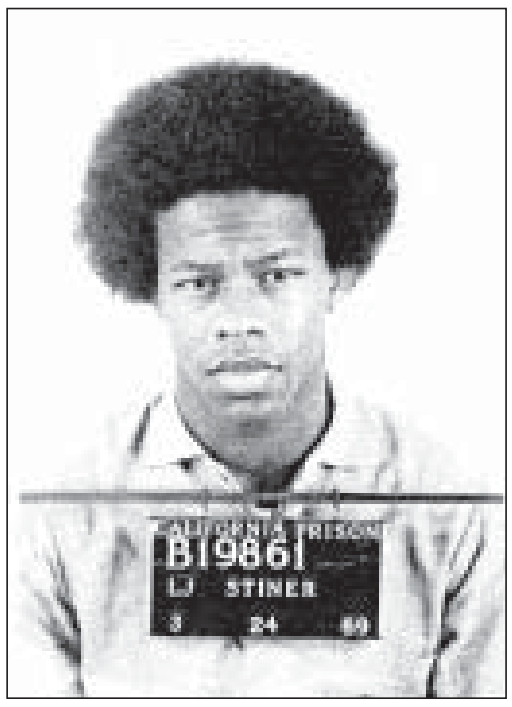
# One of the Last Black Revolutionaries

## SACRIFICES HIS FREEDOM FOR HIS FAMILY'S SAFETY

**By ALY TAMBOURA**
**Design Editor**

More than 35 years ago, in a daring prison escape, two brothers scaled the walls of San Quentin State Prison to freedom. Twenty years later, one of the men, Larry (Watani) Stiner surrendered to authorities in the South American country of Suriname, returning to San Quentin where at present he is fighting for his release. His brother George Stiner has not been heard from since.

Stiner's life story has all of the intrigue of a well written novel, but it is far from fiction. The story begins in the winter of 1969 when he was a student and member of the black movement group "Us." While a meeting was underway at UCLA discussing the selection of a director for the new African American Studies Center, a shoot-out erupted between Us members and members of the Black Panther Party. When it was over, two Black Panthers, John Huggins, 23, and Alprentice (Bunchy) Carter, 26, lay dead, victims of gunshot wounds. Shortly after the shootings an all-points bulletin was issued for the arrest of brothers Larry (Watani) Stiner and George Stiner.



Watani Stiner's 1969
San Quentin booking photo

"DEAR MOM AND POPS—SORRY WE HAD TO DO IT LIKE THIS, BUT CIRCUMSTANCES DEMANDED IT…"

*The note left for his parents in the family visiting unit the night of the escape.*

### UCLA SHOOT-OUT

The dispute was instigated by Us member Tawala Jones and Black Panther Elaine Brown, who had words in a hallway at the event. Brown reported the incident to Panther members John Huggins and Bunchy Carter who became enraged and retaliated by pistol whipping Jones in the UCLA campus cafeteria. One shot was fired, scattering the students. Another Us member present, Claude Hubert, observed the beating and subsequently pulled a gun and shot Carter in the chest and Huggins in the back. Huggins fired several bullets into the crowd, one hitting Watani in the shoulder before he died from his gunshot wound, according to Watani, who was working security at the January 17, 1969 event.

The Stiner brothers surrendered to authorities with the belief that since the shooting was spontaneous and they had not fired a shot, they would not be charged. A third man, Donald Hawkins, was arrested. All three men were charged for the murders of the two Black Panther Party members. The actual shooter, Hubert, was never apprehended.

Though neither of the Stiner brothers nor Hawkins pulled the trigger of the gun that killed Carter and Huggins, all three were convicted of second-degree murder and conspiracy to commit murder. Hawkins, who was 18 at the time of the shooting, was sent to the California Youth Authority where he served seven years. Watani and George Stiner were sentenced to seven-years-to-life and were sent to the California Department of Corrections.

### ESCAPE FROM PRISON

After serving time at Soledad State Prison, Watani joined his brother at San Quentin, then the most violent and infamous prison in the country. The brothers were prison celebrities; everyone knew who they were from their highly publicized case. It was not long before Watani and George became targets. Watani was attacked by two inmates on the yard, one wielding a knife. A prisoner who attempted to protect Watani in the attack was stabbed to death.

"I had no problems with these guys," says Watani. "To me it was an obvious case of guard-prisoner collusion. Someone wanted me dead."

Although Watani had a few years left on his sentence and was sure to parole under the laws at the time, he and his brother decided that they would surely be killed before that time came. On March 30, 1974 while on a family visit, leaving a note behind for their parents, they escaped from San Quentin to a waiting car. Watani made his way to Memphis then boarded a flight to Guyana, South America.

### LIFE ON THE RUN

Watani settled in Guyana, at that time the hub of the Caribbean anti-colonial struggle. Soon, because of his protest activities he was once again a target. But this time it was not U.S. authorities or violent prisoners and guards he had to fear, it was the Guyanese government who threatened to kill him. In 1980, once again in mortal fear, Watani fled Guyana for neighboring Suriname, a former Dutch colony whose elected government had just been overthrown in a military coup. Despite economic collapse and political unrest, Watani made a life for himself with Nisha, a woman he met in the market while buying coffee and sugar, which he made a living at selling in neighboring Guyana. Watani and Nisha had six children together and, along with her 4-year-old son, they scratched out a meager living.

"I grew cassavas, tomatoes and string-beans which we traded in the markets. Nisha and I managed to scrape by, but just barely."

In 1993 the political situation in Suriname was unraveling. Soldiers were on the streets and there was a threat of civil war. Stiner's family home was commandeered; he and his family were forced to live in the bush. According to Stiner, there was only one choice, turn himself in to U.S. authorities in exchange for asylum for his family in the United States. After negotiating his family's safe passage to America, Stiner turned himself over to FBI custody at the American Embassy in Suriname on a hot tropical afternoon in November of 1993. The United States government reneged on their part of the deal and left his wife and children in destitute, according to Watani.

The Stiner family in the S.Q. visiting room

### STILL WAITING

After more than 10 years, with a letter and delayed help from now Speaker of the House Nancy Pelosi, Watani and Nisha's six children were brought to the United States to live with Larry Stiner Jr., Watani's adult son from a previous marriage. The wait had terrible consequences on Watani's family; his wife was committed to a mental institution and his children have to live with the trauma of years in foster care.

Stiner maintains under the daily weight of incarceration and in spite of serving an additional 15 years after his surrender, he holds on to the hope of parole one day.

"When I first came back to San Quentin, I thought that I'd serve my time, do a few years and get paroled. So long as I played by the rules, stayed out of trouble and did what they asked of me, they'd let me out so I could take care of my family," says Stiner.

Year after year the parole board refuses to grant Stiner parole. Now in the defiant spirit that made Stiner a revolutionary, he refuses to take part in the Parole Board hearings, which he has labeled "a sham."

"I have no faith that I will receive a parole date at my upcoming hearing. My only option is through the courts. I'd rather they slapped me with 30 years than have to deal with the politics of parole," says Stiner. "It's costing the taxpayers entirely too much money for them to deny parole to those who have done their time, transformed their lives, and are clearly no threat to society."

Watani Stiner was up for parole on July 22, he received a 5 year parole denial and will remain incarcerated for a crime he has served a lifetime for, and continues to insist he did not commit.

# Mayor Newsom

***Continued From Page 1***

for parole. If you were elected governor, how would you simplify this process?

**A: —Newsom:** I appoint a lot of folks, hundreds and hundreds of folks. Sometimes they make the right decisions and sometimes I don't necessarily agree. So I would not be a rubber stamp to a commission, I would have to use my own judgment, but the adequacy of their work I would also want to analyze… But I would take obviously a lot of weight (of their opinion). If you appoint competent people, people that are independent minded, people that are there to do what you think are in the best interest of our community, then I would obviously defer to that, but not absolutely. Obviously I would have to make my judgment based on their analysis and their recommendation, but not rubber-stamp it.

**Q:—JulianGlenn Padgett:** "California is a firm practitioner of recycling items like cans and other items of waste and garbage. Do you feel that current and constant denials of parole are conducive to recognizing inmates' rehabilitation and will to improve?"

**A: —Newsom: "**The idea of recycling people in and out of the criminal justice system, the idea that we are allowing 70 percent plus, in some cases, recidivism is unacceptable, it's inexcusable. So, the frame of your question is an important one. It's failing everyone, it's failing people that are coming out of the system, its failing our community, and it's failing us in ways direct and indirect. It's self evident that we dramatically have to improve what happens in the prisons in order to reduce the likelihood that people are going to recycle back in, so, re-entry programs are critical. Looking at step-down facilities and looking at building capacity to support these types of programs I was referencing is important. The secretary was kind enough to identify prison industries and these kinds of programs that are important to him and important to the rehabilitation of our prisoners. Giving people the opportunity to get educated, giving people the opportunity to build a sense of purpose and self-esteem, a sense of discipline and honor, all of those things are critical to reducing the recycling of inmates in the context of people who are finding themselves, as soon as they get out, lost without any hope and with no expectation that their lives are ever going to get off this remarkable journey."

***—Aly Tamboura***

San Francisco Mayor Gavin Newsom in the Garden Chapel area of San Quentin during a recent tour.

*For more of the interview with CDCR Secretary Matthew Cate, see sentencing credit article.*

# Growing Lives Through Gardening

**By JOHN HARRINGTON**
**Contributing Writer**

Did you know that the Insight Garden Program (IGP) in H-Unit will be growing an organic vegetable garden that will provide organic vegetables to local non-profit organizations? If you're like me, you'll be pleased that something positive is happening at San Quentin that will be shared with the local community.

Now you are probably asking why we can't eat what comes out of the garden. The answer to that is simple. There just won't be enough to go around. So what could be better than to donate it, develop new connections in the local community and get some positive publicity for the IGP, the Stand-Up Program and San Quentin Prison?

This is part of a program enhancement of the IGP, which originally started classes in 2002 under the direction of the Insight Prison Project (IPP), and has since then become its own non-profit organization, fiscally sponsored by the Agape Foundation in San Francisco. The flower garden currently on the H-Unit yard was planted around Winter Solstice, 2003, the shortest and darkest day of the year. After a year and a half of collaborative planning with prison officials, staff and inmates, it took a mere four days for inmates and volunteers to transform a mound of mud into a 1,200 square foot organic flower garden which is now used to teach inmates about gardening, landscaping and environmental care.

Being the only non-segregated area of the H-Unit yard, the flower garden is one of the more popular gathering spots for inmates. In the program, IGP's class participants get hands-on

experience in many aspects of gardening – from pruning to planting to what organic fertilizers to use – the men of IGP do it all! But that's only half of what the program is about. We also garden from within, dealing with and working on ourselves, hence the name *Insight* Garden Program.

Over the past six years, approximately 500 men have been through the program. The program intends to double that number over the next few years. In addition to the increasing number of men in the program, IGP wants to develop a sustainable and results-oriented organization that will provide much needed post-release job placement services to help men paroling to find landscaping, gardening or green jobs when they leave prison.

As with the flower garden, the proposed vegetable garden has been in the planning stages for almost two years. This new project will help men gain new skills, understand the connection between healthy food and well-being, and will provide IGP with new opportunities for funding sources.

Overall, IGP's mission is to help rehabilitate prisoners through the process of organic gardening. By working in nature, participants learn vocational and life skills so that they can practice constructive relationships between themselves, their communities and the natural environment. The proposed vegetable garden will serve all areas of that mission, so the students will gain new skills and understanding about food, health and the natural world.

*Coming in the August issue of the SQ News, an article concerning IGP's community connections.*

# San Quentin Fights The H1N1 Flu

**By DAVID MARSH**
**Staff Writer**

While the normal flu season has all but faded away in California at this point in the year, California Department of Corrections and Rehabilitation (CDCR) health care professionals have watched with concern as the state has continued to experience widespread activity from the H1N1 virus, commonly referred to as the swine flu. With 33 critically overcrowded prisons potentially ripe for exposure to the virulent A Strain flu bug, CDCR medical workers were braced for the worst.

Wednesday, July 1, their fears became reality when a number of inmates in S.Q.'s minimum security H Unit became ill with obvious flu symptoms, including the persistent high fever associated with the H1N1 strain of influenza. Outside laboratory testing quickly confirmed that the prison had become infected with the swine flu.

**H-UNIT QUARANTINED**

San Quentin had become the first prison afflicted on a large scale. "And at that point," said the prison's Chief Medical Officer Dr. Elena Tootell, the issue became how to handle it. This conversation goes all the way up to the director and secretary of the CDCR, Matt Cate."

After consultations with officials in Sacramento, Tootell and prison officials moved quickly to isolate the infected inmates and attempt to slow the spread of the virus.

H Unit was quickly placed under a quarantine and contact with unaffected areas of the sprawling prison was cut off. In H Unit an isolation dorm was established and inmates exhibiting obvious symptoms were moved there. Meanwhile medical staff conducted frequent temperature checks while closely monitoring suspected new cases.

Infected prisoners considered at high risk were treated with Tamiflu, a medication intended to shorten the duration and severity of the symptoms of the virus.

Swine flu symptoms closely mirror those of the standard flu strain and may include coughing, chills, fatigue and shortness of breath. In some cases symptoms have included diarrhea and vomiting.

Officials in Sacramento responded to the first signs of the pandemic reaching S.Q. by providing additional resources and personnel including masks, the services of a industrial hygienist and specialized training for the prison's medical staff.

Successfully isolating the virus became critical if S.Q. were to continue functioning in its role as a reception center. S.Q. is tasked with accepting into the state prison system prisoners from jails in 19 California counties. Prison administrators continued to manage these inmates as they entered and exited the uninfected areas of the prison.

Quickly the isolation dorm neared capacity as the medical staff identified fresh cases of the virus.

Within six days, the flu had spread to additional housing units including the prison's North Block. The flow of inmates leaving the prison was halted in order to prevent the spread of the flu to other prisons.

The prison was soon unable to continue accepting new arrivals and S.Q.'s ability to successfully function as a reception center had become compromised.

By Wednesday, July 15, H Unit and Badger were the only areas remaining under quarantine and prison administrators decided to resume the orderly flow of inmates into and out of the prison.

According to prison officials, cases of swine flu have since been confirmed in two other California prisons.

There is currently no vaccine available for the H1N1 influenza strain.

**IMPENDING FLU SEASON**

Health officials fear that the virus will mutate and return even stronger when the regular flu season begins in the fall.

Attention is on the southern hemisphere for indications of what the H1N1 virus might do. Flu season in the southern hemisphere begins during our summer.

The World Health Organization considers the swine flu to be a global pandemic and has confirmed cases in at least 88 countries. As of July 7, '09, the H1N1 strain has infected at least 37,246 Americans and had caused 211 deaths according to the Centers for Disease Control and Prevention.

These figures compare with the three major pandemics of the 20th century, the 1918 "Spanish flu," which killed an estimated 50 to 100 million people worldwide, the 1957 "Asian flu," which caused at least 69,800 deaths in the USA, and the 1968 "Hong Kong flu," which killed approximately 33,800 Americans.

# Health and Wellness Corner

The San Quentin News "Health and Wellness Corner" column runs every month. A University of California, San Francisco, health professional student will answer questions that you submit about health issues. Inquiries will be answered in the next month's paper. Feel free to ask us questions about any medical concern that you have, and it may be answered so that everyone can benefit. If you have a question, put it in a U-Save-Em envelope addressed to: Health and Wellness Corner, UCSF Doctors (Dr. Shira Shavit) – Medical Box. If you include your name and number, they will be kept confidential. Note that this column is for general medical questions.

**This edition, we will address the following question:**

## Meth and My Teeth

Methamphetamine (meth) is an addictive drug, also known as "speed" and "ice". It is among the most abused drugs in the world. Meth excites the brain and even small amounts can cause:

1. Euphoria (pronounced you-FOR-ee-yah, a feeling of pleasure)
2. Hyperactivity (too much energy)
3. Increased sexual pleasure

However, Meth has dangerous side effects:

1. Depression
2. Violent behavior
3. Weaker muscles
4. Heart disease
5. Dental problems

Dental problems are one of the most dangerous side effects of using meth. "Meth mouth" is a term used by dentists to describe tooth damage in meth users. A dentist knows that a patient has meth mouth when he has serious and sudden tooth breakdown.

Bacteria in our mouths break down the sugar we eat and release their waste into our mouths. Meth users tend to crave sugar more than someone who doesn't use meth. Normally, saliva (spit) protects teeth by washing away the waste that bacteria leave when they feed on sugar. Meth lowers the amount of saliva that the body makes (causing dry mouth). Without enough saliva protection, waste from bacteria stays in the mouth and eats away the teeth, causing cavities.

Teeth of meth users also get worn down quickly because meth users tend to clench and grind their teeth when they are high. Also, meth users tend to have poor oral hygiene (i.e. they don't brush or floss their teeth as much as they should).

**Eating and drinking sugary foods + Less saliva**
**+ Grinding teeth+ Poor oral hygiene**
**↓**
**Tooth breakdown**

Before seeing the dentist, meth users should drink enough water and eat less sweet food or drinks such as candy and soda. Make sure to brush teeth at least twice a day or brush after meals if food is sweet or sticky.

**Drinking enough water + Eating less sugar**
**+ Brushing and flossing teeth**
**↓**
**Decrease tooth breakdown**

—Janice Chen
School of Dentistry, UCSF

# *Thousand Mile Club Runs the Lower Yard*

**By JONATHAN COPE**
**Journalism Guild Writer**

A group of dedicated runners jogged distances of 5, 10 an 15 miles as part of the San Quentin 1000 Mile Club's event recently.

The leading runner was Ron Goodman, who logged the grueling marathon distance of 26.2 miles.

It was a bright, sunny day with no alarms to disturb the event. Ron's coach paced him for the final 10 miles.

Ron has been running since his youth and considers the sport as spiritual.

He missed the Boston Marathon qualifying time by 30 minutes. "It was a bad day," he said, "but I will continue to improve."

# After 38 Years Lamonta Paroles

**By KEITH LETTIER**
**Contributing Writer**

Lamonta McBroom and his wife

Having entered the correctional system as a young twenty-one year old in 1976, Lamonta McBroom happily reunited with his family on May 19, 2009. It has been a long, long road that Lamonta has traveled, one in which he has made the very best of his opportunities by never giving up the fight to gain his freedom.

As a pillar in the San Quentin Law Library since 1999 (paralegal for more than 29 years), Lamonta openly and willingly shared his knowledge with anyone, especially towards those willing to better help themselves. As all have witnessed, one of the many positive attributes he has consistently shown is that he would stop whatever he was doing to share his knowledge and time to help others.

The S.Q.U.I.R.E.S. program has been an invaluable resource at San Quentin that has helped 'kids at risk' for generations. One of several mainstay stops that these kids were priviledged to experience has been Lamonta's intense and in depth speeches on Saturday mornings. These speeches emphasized the trials and tribulations of prison life, making the right choices and looking at the consequences of their actions. Rare is the kid that was not wide-eyed and unattentive to what Lamonta was saying to them. As a native from North Carolina, Lamonta would generally talk about the definition, history and legal recognition of slavery today in the United States, incarceration and self: "Slavery in America [today] is no longer within the province of the private slave owner ... Consider your next action, consider your choices and consider whether your slavery is by your choosing and is it slavery that you intend for yourself."

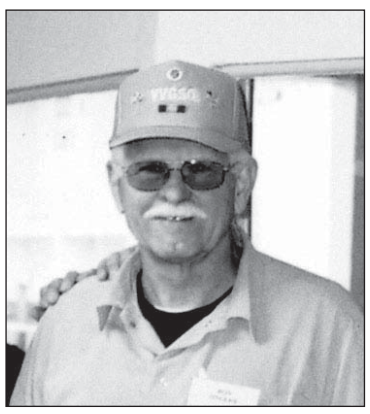
In overcoming self-slavery, Lamonta says, "If it wasn't for education, I would have been locked into 1976. I stayed focused on the path to grow and better myself and took advantage of every opportunity. I made the best of my time." To name a few, he gives praise and tribute to Patten University for accomplishing his goal of a college degree, Victim Offender Education Group (V.O.E.G.) and Katargeo for channeling his energy in the best and most healthy means possible. In receiving so much, Lamonta will continue to give back and help serve others. His offering of sage advice: "Don't give up the fight! Don't be compacent! Be proactive, help others when you can and get an education!"

Our friend offers his sincere appreciation and gratitude towards all of the people who he has come into contact with, most especially to his wife, Leager, who has been his rock. Lamonta, it is us who "Thank you!" for touching the hearts of all the people whom you have made an impact.

Lamonta, we will all miss your compassion, patience, and tolerance. We wish you the very best in your volunteer and research work, that your business venture will be as successful as your prior business, and that you will forever enjoy life to the fullest.

# Veteran Wins Final Battle: Release

**BY MIKE NORTHROP**
**Contributing Writer**


Ron Singler

Ron was born in Detroit, Michigan in 1944 and migrated with his family to Northern California in 1952. Before graduating Encina High School in 1962, Ron played several varsity sports and was a life guard during the summer months. Studying Aeronautical Engineering was his passion in college. Ron is a master plumber and stained-glass craftsman. He is an avid Corvette hound, owning a '57, '62 and a '67 throughout his life. Due to the current economy Ron may opt for a hybrid now.

In 1982, at the age of 36, Ron unfortunately came to prison. After serving over 26 productive years, he finally gained his long overdue release on Thursday, May 21. During his incarceration, Ron has been instrumental in starting and enhancing many prison programs: Victim Offender Reconciliation Group (VORG) whom he worked with Wes Stevens and Father Rodriguez to bring into CSP-Solano (1986), and later Victim Offender Learning Together (Volt) at the California Medical Facility; Foothills Running Club at Solano (1986), receiving large popularity and media attention for its successful fund-raising efforts to purchase timing devices, trophies, monthly news letters, and organizing running events with prizes awarded.

**HONORABLE DISCHARGE**

In 1965, Ron joined the Army, 149th Division, and received an honorable discharge for his service. Shortly after arriving at San Quentin, Ron involved himself with the Vietnam Veterans Group San Quentin (V.V.G.S.Q.) and subsequently held several executive body positions and chaired multiple committees. In giving back, he has been a key part in helping VVGSQ flourish and gain national recognition, along with responding with the development of the Veterans Issues Group (VIG). The VIG provides weekly therapy meetings of therapeutic modules that run from eight weeks to six plus months with representatives from many active outside community veteran organizations. Recognized nationally for its verified results of benefits rendered, VIG has been providing self-help assistance for over ten years. Ron also co-wrote the Senate Select Committee Report that is utilized by several senators during their discussions regarding the plight of incarcerated veterans.

As an original member of the Buddha Dharma Sangha (Soto Zen) meditation group in 1999, meeting every Sunday, Ron has embraced his practice, accepted Lay Ordination (2002) and has continued to be an inspiration for many others. Also, as an original member, Ron also enjoyed the weekly Hatha Yoga sessions with James Fox, Yoga Instructor; has volunteered with the Christmas Toy Program for over 10 years; served as a youth counselor mentoring at-risk youth through the R.E.A.L. Choices Program since 2003; and, worked in PIA since being at the "Q" - in the capacity of desk assembly Leadman for the last several years.

**OPPORTUNITY TO SERVE**

Being a veteran, Ron paroled to the Veterans Administration Transitional Housing Program where literally everything is provided. He will begin another opportunity to serve and give back to his community. Ron's son, daughter, sister and family are very happy that he has finally been released. Ron walked out Thursday with a few final words, "Be compassionate towards your fellow man," and "Be active in the programs."

# *Electric Vehicle Kills Seagulls*

**By DANIEL TREVINO**
**Journalism Guild Writer**

On a sunny afternoon on the mainline San Quentin Lower Yard recently, three of the resident seagulls who regularly inhabit the lower yard died in a horrific traffic accident. An electric vehicle speeding on the lower yard, at a whopping three miles per hour, ran them over.

The vehicle driver seemed genuinely remorseful of the accident and looked to be in shock. "What happened?" he asked.

The lackadaisical, half-tame birds were distracted by food on the ground that they were devouring, and never saw it coming. The vehicle killed them instantly.

The 30 or so Lower Yard resident geese stood in a semi-circle and watched intently as the driver put the dead birds in a plastic bag and dumped them in the back of his vehicle. As he drove away, the geese honked and lifted off, following the vehicle. You might say the accident created a big flap in the bird community.

# Junior Steele Paroles

Junior Steele finally heard the words that he had waited so long to hear. The words from the Board that would, after more than 27 years, allow Steele to walk out the gates a free man. On May 20, 2009, Steele left San Quentin into the arms of his waiting family.

Junior had some very productive years here while at S.Q., attending numerous self-help programs, maintained an excellent work ethic, you could always find him working on small rock sculptures and pendants.

He will be remembered fondly by the friends he left behind, among them Homer McWilliams who said, "Very few people knew Jr. as long as I have known him. When he received his date from the Board we were all very happy for him."

Junior realized his greatest dream of returning home to his dying father so that he could go fishing with him.

"Junior, we all hope you and your father catch the big one." said another one of his close friends.

"Junior wasn't much of a talker, especially when it came to matters of the Board, he could get frustrated easy. When talking together the hour before his parole hearing, he was told to think about the big picture, and that his freedom was on the line. He was listening because he told the Board what they needed to hear and was found suitable for parole. When Lt. Robinson brought Junior his walking papers that said he was going home, there were many of us cheering for him. I wish you well Junior," says Williams one of Junior's oldest friends of 25 years.

Junior mentioned on the morning before he departed, "If I had a dollar for every hand shaken this morning I would have over a hundred dollars."

*—Keith L. Lettier*

# Sentencing Credits

***Continued From Page 1***

but if you earn a G.E.D. or earn an Associates degree, if you earn a major component of a drug or alcohol program, if you earn a vocational certificate from PIA or somewhere else, then you can earn an extra five weeks off your sentence," says Cate.

If the proposal passes, the sentence credits will not be applied retroactively, they will only apply to the year of the specific accomplishment.

When asked if an inmate could earn sentencing credits for every year of his or her sentence, Cate said, it would have to be "a learning gain that is significant, you would have to accomplish something every year, to earn that credit."

The proposed sentence credits for educational achievement would also apply to other programs such as Alcoholics Anonymous, Narcotics Anonymous and other self-help programs that include inmates with learning disabilities.

"So, for a learning disabled it might be that he follows his own individualized rehabilitation program. For those with drug and alcohol issues, (completing) a major segment of that program," said Cate

The proposed sentencing reforms came as the California legislature was in session trying to come up with a stopgap plan to address the $26-billion budget deficit. Prison budgets are a major burden to the state and the legislature has proposed cutting prison vocation and educational programs to save money. All the while, the legislature has been less than transparent in how it proposes to cut the prison population to comply with a three-judge panel's finding that prison overcrowding is the cause of unconstitutional medical care in California prisons.

Prisoners feel that the fact that the legislature has a sentencing reduction proposal in front of them is a significant step in the right direction.

"It seems that the state is finally looking at the benefits of educational programs," says Troy Williams, a student at San Quentin's film school.

Even secretary Cate realizes the impact education has on lowering recidivism.

"We know those things make it less likely for you to return and so we want to encourage that because it saves money and makes the streets safer at the same time," said Cate. "I have strong hopes that it is going to pass."

# Michael Jackson

## 08/29/1958 — 06/25/2009

# The King of Pop's Six Degrees of Separation from San Quentin

Michael Jackson "The King of Pop"

**By KRIS HIMMELBERGER and JULIANGLENN PADGETT**
**Journalism Guild Writers**

**DANCING WITH THE KING OF POP**

The death of Michael Jackson on June 25 at age 50 brought back memories for at least two San Quentin inmates whose paths had crossed with his: Julian Glenn (Luke) Padgett and Michael Harris. Padgett was a dancer in one of Jackson's famed music videos and Harris knew him through his entertainment connections.

Padgett remembers: "I got a chance to work and talk with the best showman on the planet on a professional level. He was fun, relentless, and focused during rehearsals for the Smooth Criminal video. Being on the set and dancing in that video with him was like taking a master class in dance and acting. Michael was highly disciplined and he commanded that same attitude from his dancers."

After high school Padgett kept acting. "I auditioned for everything I could to pay the bills and to keep learning. Some jobs I got and some I didn't, but I never quit." It was at an audition for Disneyland at the Debbie Reynolds studio in Los Angeles where he stumbled onto an audition for a Michael Jackson video.

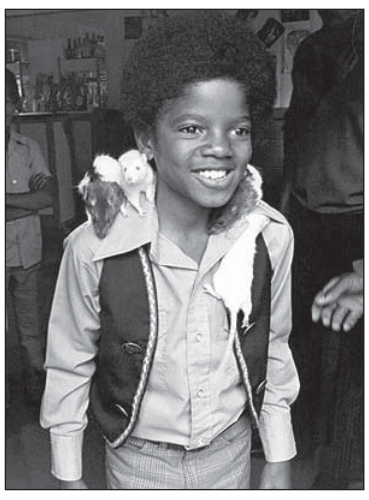
He didn't get the job at Disneyland, but he did land a role in one of Jackson's most innovative dance videos. "I was relentless at all auditions, especially that one. I told myself, 'I'm getting this job,' and I did!" said Padgett. "There was a lot of excitement the day Michael walked onto the set. The choreographer, Vince Patterson, came in with Michael. He talked with all of us for awhile, then he stepped on the set and we all went to work."

Padgett remembers a special bit of advice: "One thing Michael said to me was to dance in the moment to be the music. I took that to heart."

The Jackson 5

Padgett attended the School for Creative and Performing Arts in Cincinnati, Ohio, for two years while in grade school. In 1978 his family moved to Sacramento, where his mother put him into a summer program, Musical Comedy Workshop, at El Camino High School. "It was a summer stock acting program for kids who wanted to learn about theatre. We gained confidence, experience and it kept us productive."

Padgett offered a concluding thought about Jackson: "He literally changed the landscape of music videos with Thriller and Smooth Criminal. His work gave this multi-cultural world visions of hope, love and peace. Enduring qualities this planet could always use more of."



Michael the young prodigy

**THE BOY, THE MAN AND THE BUSINESS**

Michael Harris, co-founder of Death Row Records and currently the Editor-in-Chief of the San Quentin News, had this to say: "I was 11 years old when I was first exposed to Michael Jackson. But I actually met Michael years later through his sister, Janet, during my play producing days."

On stage Michael was a brilliant performer, but was he that way in business? Harris answered: "It's clear Michael fared better than most. A lot of people don't understand the business of music. It's a monster and it's been known to eat its young. That said, there are certain steps people can take to protect their interest and their integrity in this business of music."

Are there a lot of tragic stories out there? "There are lots of horror stories in this business mainly because artists didn't do their homework. People need to understand that it's a business, and in any business you venture into you must study what and who came before you."

What about the old models of doing the record business with distribution and sales? "The old record companies of yesterday no longer exist. The new vehicle for distributing music is the internet, period! And Michael Jackson understood that superbly. Even after he died he broke internet and Billboard records, and the traffic was so heavy it crashed major music and informational web sites. Nobody could keep up with the pace and demand of Michael's music."

It's been said that Jackson was a universal phenomenon—how so?

"Michael's death affected the 'new model' in such a way that now the industry has no choice but to step up their game when it comes to digital distribution platforms. People were trying to get his music so feverishly that sites not only crashed from the traffic but also because website owners thought they were being victimized by internet terrorists, and to protect themselves they actually shut down their own sites.

Harris went on to say, "Jackson had a profound influence on MTV video. Prior to Michael MTV did not air videos with African American performers." That's huge!

"No. It's Mike-tastic! Because afterwards various cultures came to see and believe that we're not all that different. This is the ultimate display of appreciation of how the little man we fell in love with became the King of Pop."

Janet and Michael Jackson as children

## From "S.Q. To M.J."

*Sent as an Envoy, flying with Motown wings*
*Dashing, silky pure, fleet and smooth*
*For us, smiling as an angel upon arrival*
*Not for preaching-but for teaching*
*Not to shout-n-judge-*
*But to singing-n-dancing*
*Gleefully imparting a touch of Hope, Peace and Love…*

*"I'LL BE THERE"*

*Truly, - your own words, singing & musing – so refreshing*
*Surely- in your eyes – a purity of pleasure*
*Really- in your songs- an inspiration so transforming*
*Serenely-in your smile-an innocence to treasure…*

*SAY, SAY, SAY, FAMILY, FRIENDS AND FANS…*

*Courageously, and curiously- in all that laughter*
*Like a Michael- soulfully gliding and crooning*
*Fearless and fleeting with each step*
*Leaving no stones unturned- filling each heart…*

*ON THE WINGS OF GLORY*

*We do forgive your enigmatic vanities*
*So, will you please, forgive us our misunderstandings*
*With our short-comings, too*
*Now, when your radiance shines over us…*

*IN THE MOMENT…*

*While your soul envelops the earth*
*While your spirit leads in spurts*
*We are all together- singing-n-dancing*
*With you, to, "We Are The World"…*

*STILL HERE WITH US*

*We close our eyes- you're in our dreams*
*In your greatness-n-love- we bathe, as in the streams*
*Looking up at you now- we share in the countless memories*
*'Cause you left us with no more worries …*

*LEGEND & KING…R.I.P. …*

*A Masterful message - look with your hearts, see where it's safe One*
*Human Race- You and Me, "Making The World A Better Place"…*
—Raphael E. Calix

# ARTS & ENTERTAINMENT

# Folsom Inmate's Poetry Inspires Swedish Choir

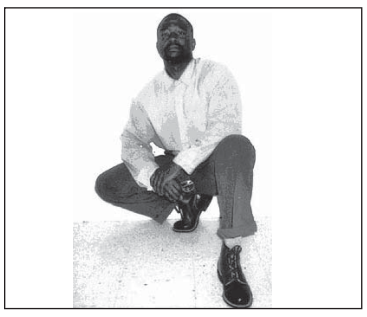
**By ARNULFO GARCIA and JUAN HAINES**
**Journalism Guild Writers**

Järva Röster Choir

"It's all about keeping the soul free, free to soar," writes Spoon Jackson, a poet incarcerated for the last 30 years.

Those lines are part of a poem called "Realness," which he included in a letter Jackson wrote seven years ago to a pen pal in Sweden. The pen pal happened to be a member of the choir at Krista parish, just north of Stockholm, Sweden.

A choir member showed this and other Jackson poems to composer Stefan Säfsten. Two years later, Säfsten began composing music around them. After he finished composing the works on CD he sent copies to Jackson who decided not the listen to them immediately. The first time Jackson heard his poetry set to music was in May, when the 38-member choir performed a concert at Folsom State Prison, where Jackson is serving a life sentence without parole.



Spoon Jackson

The concert included two of Jackson's works, "Freedom for the Prisoners" and "Words of Realness."

Säfsten founded Järva Röster choir in 1978. Järva Röster's repertoire includes many different genres from baroque to jazz.

"A great many people have been moved by Spoon Jackson's lyrics, and the music is meant to reach their inner hearts," Säfsten said later after a similar concert at the Catholic Chapel at San Quentin. "Jackson's lyrics literally get under your skin and revitalize your senses."

Säfsten added, "Never in my life had I been so inspired by such poetry. It feels so good for us to be here, and I hope that you will enjoy with us the realness of this man's poetry. The spirit of God is upon us. It's all about keeping it real."

Jennifer Scaife, coordinator of Patten University at San Quentin, said, "I think that it's incredible that poems written by a man in California inspired a man in Sweden to compose a musical suite for choir and then inspired him to travel to California to perform the music.

It shows that experiences of people in prison are relevant everywhere."

Also attending the performance were members of the prison group Real Choices. They brought to the choir's performance 27 at-risk youngsters from Havencourt, a local community in Oakland. One of the leaders said the kids "were thrilled."

After performing at San Quentin, Järva Röster performed in San Francisco before returning to Sweden.

*See Poem By Spoon Jackson →*

# Protestant Chapel Hosts Shakespeare's A Midsummer Night's Dream

**By RONIN HOLMES**
**Journalism Guild Writer**

The prisoner and volunteer cast of the Shakespeare play

The San Quentin Shakespeare troupe took the Bard's classic, A Midsummer Night's Dream, and put a new spin on it, to the enjoyment of all.

In the Protestant Chapel on June 15, the small group of prisoners and volunteers from the Marin Shakespeare Company put on a play for a mixture of guests, press and inmates.

To most, this play is usually produced by professional theatres and high schools, but on the 15th, it was acted by 10 inmates, their teacher and two female guests. They had few props and no costumes to speak of yet the group was able to put on a full-scale production.

Despite various trials and tribulations, lock-downs, loss of people, and scheduling difficulties galore, the play leapt off the stage as the performers brought the fairy tale to life, throwing their own unique spins into each act.

For the characters, little things set them apart from any other production done in the past. Like the troupes of old, improvisation was key to making the production a hit. There was a slurpy cup, modern glasses, a wholly different theme to the fairy queen's courting of a mortal turned ass, and there were in-house jokes and a brief Michael Jackson dance-off after intermission.

The laughter only died down long enough for the guests to hear the tom foolery being performed before them and within seconds it would begin again. Clapping broke out more than once during the production, and few, if any, left their seats during the story being played out. One person stated he had seen the play over a dozen times and had never seen it done in the fashion of the SQ troupe; he loved it.

Some prisoners in the cast play had never seen the production, and thus were able to put their own take on the character giving it a unique, if not hilarious, personality. From a booming-voiced king being annoyed by a hyperactive Puck, to a character called Bottom who was held captive by an enchanted Fairy Queen and her henchmen, the story weaved and bobbed all over the place to only slightly resemble the original script.

All were smiling at the end of the play, and the audience gave the players a standing ovation.

*(Editor's Note: The author of this article was a member of the cast.)*

# Writing Contest

PEN American Center sponsors an annual writing contest for prisoners. Anyone incarcerated in a federal, state or county prison in the year before the September 1 deadline is eligible to enter. Prizes of $200, $100, and $50 are rewarded for first, second, and third place, respectively, in each of the following categories:

- **Poetry**: Submit up to 10 poems of any form, no more than 20 pages total.
- **Fiction**: Short story or excerpt from a longer piece, no more than 25 pages.
- **Drama**: Monologues, scenes, or plays intended for stage or screen, no more than 25 pages.
- **Nonfiction**: Essay, observation, journal excerpt, editorial, article, or memoir (personal experiences from childhood or later) no more than 25 pages.

**PLEASE SEND ENTRIES TO:** PEN Writing Awards for Prisoners, Pen American Center, 588 Broadway, Suite 303, New York, NY 10012

**CONTEST GUIDELINES**

PEN's Prison Writing Contest accepts contest submissions between January 1 and September 1 of each year. Winners will be announced the following March. Manuscripts should be typewritten and double-spaced whenever possible, or legibly handwritten on 8.5-by-11-inch paper. All submissions should be accompanied by a brief cover letter with the author's name, identification number, and complete mailing address.

Authors may not submit more than one entry in each category, except poetry, which has a 20-page limit. Only unpublished manuscripts will be considered, with the exception of pieces that have appeared in publications for the prison population only. Any subject matter will be considered.

Please be sure to send copies of your work, not the originals. PEN is unable to return manuscripts. Always include a return address.

Selected winning entries will be published by The Fortune Society in Fortune News and on PEN's website.

# Poetry

## Realness

*It's all about*
*Keeping it real*
*No matter*
*How you feel*

*Keeping it real*
*The way the ants*
*Move up an ant hill*

*It's all about*
*Keeping it real*
*When there are no clouds*
*You can see*

*It's all about*
*Keeping it real*
*Because it's always*
*Raining somewhere*

*Although our heart's*
*Been broken before*
*It's all about*
*Keeping our hearts*
*As open as the sky*

*It's all about*
*Keeping it real*
*The way some plants grow*
*Through the concrete and steel*

*It's all about*
*Keeping it real*
*Though engulfed*
*In the body*

*It's all about*
*Keeping the soul free*
*Free to soar*
*Anywhere it need be*

*It's all about*
*Keeping it real*
*No matter how*
*Distant you feel*

*For realness eats raw meat*
*And does not waver*
*Nor drift on the currents*
*He has the staying power*
*Of the sun*
*Realness walks only*
*In his own shoes*
—**Spoon Jackson**

## Little Boats

*all the little boats*
*on dry ground be*
*who's the captain of the ship*
*That will set me free*

*i will give them treasures*
*far as the eye can see*
*upon the bloody waters*
*the lil boats be*

*the night is dark, its Hard to see*
*all the waves crashing*
*on lil' o me*

*but just look up in the Night sky*
*and there I'll be*
*who can Navigate the waters*
*That will set me free*
—Kevin Barros

## THE DEPTH OF MY SORROW

E*very morning I awake with a cry*
*Not wanting to rise an let the day go by*
*Smile in my sleep as I dream of the past*
*An frown as I wake knowing it wasn't to last*
*In a rage yelling curses up at God*
*An worst of all labeling Him a fraud*
*Biggest wounds in life are self inflicted*
*My biggest scars from a knife I wielded*
*It was I that dropped the stone and saw the ripples*
*Not knowing the lives I would cripple*
*I alone must live with all this shame*
*A family's broken and I'm to blame*
*I can't express my depth of regret*
*Or the pain I feel at every sunset*
*Knowing tomorrow I'll wake just like today*
*It will start with a cry and end the same way*
**—David Bertrams**

# For People Who Know Everything

**1**. What sport does neither the participants nor the spectators know the score or the leader until the contest ends?
**2.** Which famous North American Landmark is continuously moving backward?
**3.** Which two perennial vegetables can live through multiple growing seasons to produce on their own?
**4.** What fruit has its seeds on the outside?
**5.** There are brands of pear brandy which have a whole pear inside of the bottle. How does the pear get in the bottle if it hasn't been cut or opened in any way?
**6.** In Standard English there are only three words that start with the letters "dw" can you name two?
**7.** There are 14 punctuation marks in English grammar. How many can you name?
**8.** Name the vegetable or fruit that is never sold in any form except fresh.
**9.** Name at least 6 things that you can wear on your feet that begin with the letter "s."

### Answers

*1. Boxing*
*2. Niagara Falls 30" Annually*
*3. Asparagus and Rhubarb*
*4. Strawberry*
*5. They are grown in the bottle*
*6. Dwell, Dwarf and Dwindle*
*7. : ; — - ? ! " ' ( [ { . , ...*
*8. Lettuce*
*9.Shoes, Socks, Skis, Stockings, Stilts, Sandals, Sneakers, Slippers and Snow Shoes*

# *WHAT AN IMAGE….*

**By AL CUNNINGHAM**
**Contributing Writer**

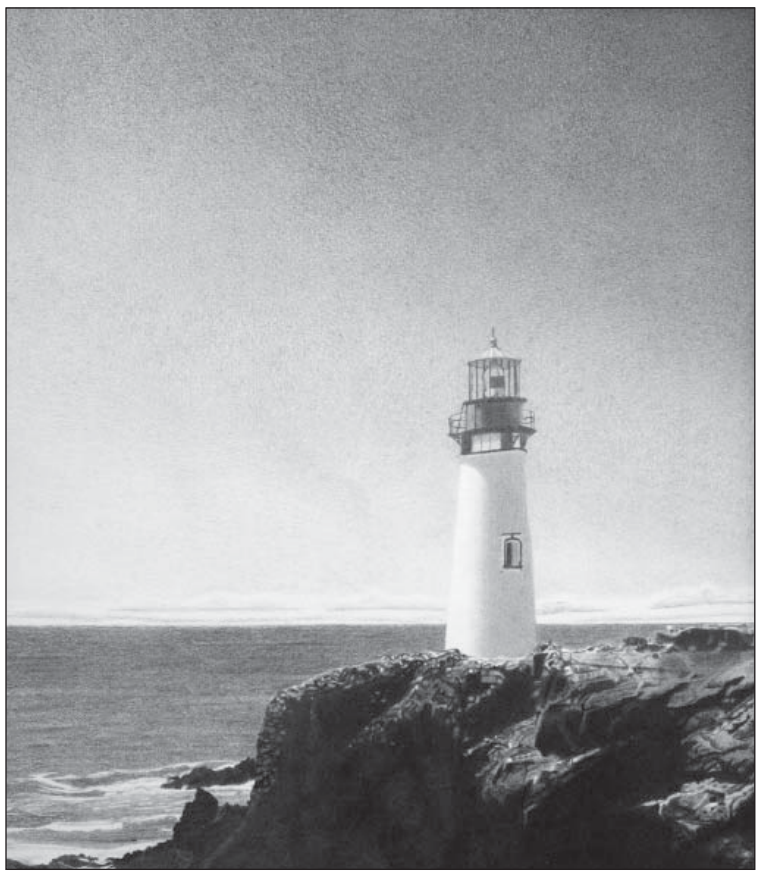
Can you imagine working for a company that has a little more than 500 employees and has the following statistics?:

•29 have been accused of spousal abuse
•19 have been accused of writing bad checks
•117 have directly or indirectly bankrupted at least 2 businesses
•3 have done time for assault
•71 cannot get a credit card due to bad credit
•14 have been arrested on drug-related charges
•8 have been arrested for shoplifting
•21 are currently defendants in lawsuits
•84 have been arrested for drunk driving in the past year

Can you guess which organization this is?

Give up yet?

It's "The 535 members of the United States Congress" - the same group of idiots who crank out hundreds of new laws each year designed to keep the rest of us in line.



**Art courtesy of the S.Q. Arts in Corrections Program**
**By Kevin O'Donnell**

# Snippets

**B**ung hole is the opening in a beer cask used for filling.

**U**nder-the-wire originates from horse racing and the line that marks the finish line.

**D**alai Lama is Mongolian and means ocean and teacher. The full meaning when attributed the His Holiness the Dalai Lama is "ocean of compassion."

**G**round Zero is a term which originated in 1946, describing the destruction of the atomic bomb which the U.S. dropped on Hiroshima, Japan.

**E**ngland is technically not a country. Scotland and Wales also are not countries. Instead, Scotland and England are kingdoms and Wales is a principality. They all are in the country of Great Britain.

**T**obasco sauce is more than 150 years old. The spicy sauce gets its name for a hot pepper that originates in Tobasco Mexico.

**C**aesarean section comes from Julius Caesar who is allegedly the first person delivered surgically.

**U**nder the Federal Reserve, the U.S. dollar has seen a 98 percent drop in value since the Fed was established by Congress in 1913. Today's dollar would have been worth 2 cents in 1913.

**T**he word salary originates from the Latin word salarium, which means payment in salt. Salt was a valuable commodity in ancient times and a form of payment for much of the early world.

**S**team rising from a mug of hot coffee has the same antioxidant content of three oranges.

***May's Sudoku Solution***

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 8 | 1 | 2 | 5 | 9 | 3 | 6 | 7 |
| 6 | 9 | 3 | 7 | 8 | 1 | 4 | 2 | 5 |
| 5 | 7 | 2 | 4 | 3 | 6 | 1 | 8 | 9 |
| 8 | 3 | 5 | 6 | 1 | 4 | 9 | 7 | 2 |
| 1 | 6 | 7 | 5 | 9 | 2 | 8 | 4 | 3 |
| 2 | 4 | 9 | 8 | 7 | 3 | 6 | 5 | 1 |
| 3 | 5 | 8 | 1 | 6 | 7 | 2 | 9 | 4 |
| 7 | 1 | 4 | 9 | 2 | 8 | 5 | 3 | 6 |
| 9 | 2 | 6 | 3 | 4 | 5 | 7 | 1 | 8 |

# *S.Q. Variety Book Club Book Review*

**By RANDY MALUENDA**

***PILLARS OF THE EARTH (by Ken Follet) -- intrigue, bloodshed, and lust during the building of a medieval cathedral.***

***WATER FOR ELEPHANTS (by Sara Gruen) -- Nostalgic look at early 20th century America from a young man traveling with a circus.***

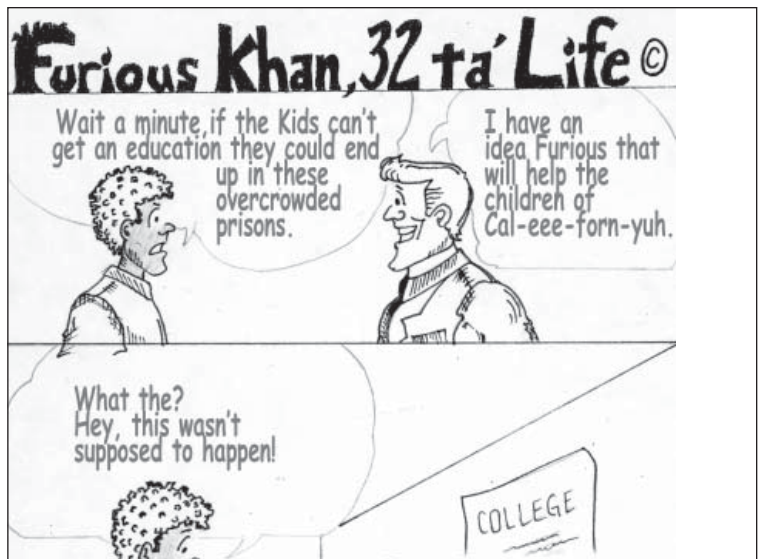
***FLIGHT (by Sherman Alexie) -- Young Native American time-leaps into a variety of characters.***

***CAMEL CLUB (by David Baldacci) --Park-bench conspiracy nuts join forces with FBI to avert assassination attempt.***

***THE DEAD (by James Joyce) -- Life in early 20th century Dublin.***

***RATINGS:***
***Top responses are four ribbons progressing downward to one:***

***Responses which are two ribbons or less are not recommended reading:***


Furious Khan, 32 ta' Life ©
Wait a minute, if the Kids can't get an education they could end up in these overcrowded prisons.
I have an idea Furious that will help the children of Cal-eee-forn-yuh.
What the? Hey, this wasn't supposed to happen!
COLLEGE
Since there is no school funding or after school programs, I decided to ride the bus to Sacramento to protest. They did a background check and found out I have three time-outs, so they sent me here!
By XCON
TM

# Sudoku

**By GEORGE LOWE**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | | | 7 | | | | |
| 6 | | | 1 | 9 | 5 | | | |
| | 9 | 8 | | | | | 6 | |
| 8 | | | | 6 | | | | 3 |
| 4 | | | 8 | | 3 | | | 1 |
| 7 | | | | 2 | | | | 6 |
| | 6 | | | | | 2 | 8 | |
| | | | 4 | 1 | 9 | | | 5 |
| | | | | 8 | | | 7 | 9 |

# SPORTS

## A Long Road Trip And an Exciting Day of Baseball

**By DAVID MARSH**
**Staff Writer**

On a clear, crisp beautiful Bay Area day for baseball, the Dodgers came to town for a day-night doubleheader with S.Q.'s own Giants and Pirates. And what resulted was two exciting games that might well have been scripted in Hollywood, with each game decided in the final inning of play.

These Dodgers, officially known as Dodger Town West, each drove or flew over 400 miles up the length of the state from Southern California simply for the pleasure of playing two games behind the walls of the aging prison by the Bay on Saturday, June 6. Baseball lovers all, this bunch of zany, fun-loving weekend warriors features a well-rounded cast of characters. They range from a long-time Hollywood actor and a director to an insurance agent, realtor, musician, couple of lawyers, sales director and a couple of fish salesmen, among others.

**WINNING MARGIN**

Faced with the Giant's pitching ace, Chris "Stretch" Rich, in the morning game, the road-weary visitors played a hard and evenly fought game, entering the ninth inning trailing by one run, 3-2. Down to their final out of the game and runners at second and third, Dodger first baseman Paul Galletti slammed a two-strike pitch from Rich down the first base line for a ground-rule double. Both runners scored on the hit for a 4-3 Dodger lead, which proved to be the winning margin when the Giants failed to score in their half of the ninth.

The 15 men of this ball club who made the arduous journey, epitomize the love among fans for America's favorite pastime, and their enjoyment of the game, whether trailing or leading in the score, was always readily apparent.

Actor Peter Cook, who appears on the Fox series Herman's Head and counts several movies, numerous commercials and Hollywood credits, pitched the distance and picked up the win for his team." The acting merely serves to support my baseball activities," said Cook, with the bare hint of a smile.

Cook and his fun-loving teammates compete in an Adult Baseball League, which features six teams playing an approximate 40-game schedule in Los Angeles and Orange counties. In 2004 the league sent a team to the annual 48 and Over Senior Series held in Arizona, and came away with first place. Those seeking to join their league must first attend a major league team's Fantasy Camp, a weeklong adventure that carries a price tag of right around $4,500. They're a fun loving bunch of guys willing to fork out some serious money, and whose love for the game of baseball can take them a long way from home.

San Quentin's Pirates came out ready to play in the night-cap, and led the visitors by a 4-2 score going into the sixth inning. The Dodgers, despite losing three teammates to an early departure for a flight home, hadn't made such a long journey just to give up in the face of a little adversity. Much to their delight, the Dodgers scored four runs in the sixth and one in the seventh, and an ominous silence settled over the home team dugout as the umpire announced that the game would be called at the end of the inning due to darkness.

But the home team Pirates behind pitcher Dave Baker refused to be outdone on this night and, with the help of four errors from the visitors, scored four runs in the bottom of the inning. Final score: Pirates 8, Dodgers 7. An exciting finish to a great day of baseball!

**VOWED TO RETURN**

For Dodger right fielder Ted Tannenbaum, the smile of pure pleasure upon his face after losing a close game in the night-cap was just as big as the one he had displayed earlier after winning the first game. "The camaraderie is wonderful, I'm just happy to be here," Tannenbaum said. "It's my first time in prison."

For the 61-year-old Tannenbaum, his love for playing the game has taken him to the East Coast, Hawaii and as far as the Caribbean, simply for a chance to suit up and try out the competition.

The Dodger players vow to return next year. And for the local teams, what an honor it is to have a talent-laden team of baseball devotees travel so very far simply for the pleasure and memories of playing in this aging prison by the Bay.

## Professional Boxer Irish Pat Lawlor Paroles from S.Q.

**By DARRELL C. HARTLEY**
**Staff Writer**

Irish Pat Lawlor

Noted boxer Pat Lawlor departed the gates of San Quentin on May 17th 2009, but not his dreams. He has decided to open a boxing theme pizza bar called "Ringside Pizza". He wants to establish the goals that have alluded him such as proving to his 14-year-old daughter that he is not a loser and demonstrating to his detractors that when in shape he is a formidable opponent.

When he speaks, Lawlor commands attention. His presence is engaging, even when it appears that he is calmly reflecting upon the years that have been good, bad and indifferent. "There is much I wish I could change. Like this prison sentence for a DUI. I was actually just trying to sell DVDs of my fights. Evidently, the judge saw it differently.

Among his impressive achievements was defeating Wilfredo Benitez in 105-degree heat in an action-packed ten rounder in Tuscon, Arizona on May 23, 1990. On March 18, 1991 on the Mike Tyson/Razor Ruddick under card, he stopped Roberto Duran in six rounds.

Eligible for the Boxing Hall of Fame in 2010, Lawlor 45, began his odyssey into boxing by entering Golden Gloves competition because he wanted to win a title for dear friend Merlin Porter, who died tragically in a motorcycle accident. Those titles propelled him to enter the professional ranks.

He fought through an array of disabilities and injuries and admits that his last professional fight in 2005, on three days notice that resulted in a 4 round draw against Paul Vasquez, for the love of the sport. One of his few regrets is he has not spent the time that he wants with his 14 -year- old daughter, the other is not being in the best boxing shape at the time of many of his 40 bouts.

The last fight that he truly trained for was in September 1994 in San Jose versus Hector "Macho" Camacho. At 150 pounds, he battled valiantly but went down to defeat. In 18 years of professional boxing, Lawlor accumulated a record of 23-16-1, 7 KO's, with earnings of $198,000.

He wants to be the first boxer to fight anyone who has been a champion in a weight class because that would set him apart from all others in the sport. That would include the likes of Mike Tyson, Hector Camacho, Evander Holyfield and Roy Jones Jr.

# NEWS BRIEFS

**WICHITA, KANSAS —6-10-09** -The family of the slain abortion doctor, George Tiller, has decided to close his abortion clinic forever. Tiller, who was shot to death May 31 while serving as an usher in his Lutheran church, was one of only a handful of doctors in the country that performed third term abortions.

**TEHRAN, IRAN-6-15-09-** Iranian president Mahmoud Ahmadinejad claimed victory in elections held Friday, June 12. Opposition candidate Mir Hossein Mousavi's supporters took to the street in protest, claiming massive fraud.

**JERUSALEM, ISRAEL-6-15-0**9- Israeli Prime Minister Benjamin Netanyahu has, for the first time, endorsed the idea of a demilitarized Palestinian state to co-exist along-side Israel. He has refused to order a halt to West Bank settlements. Palestinians immediately rejected his terms.

**HOLLYWOOD-6-26-09-** America lost two high profile entertainers as Farrah Faucett, 62, died from anal cancer, and pop icon Michael Jackson, 50, succumbed to cardiac arrest while preparing for his come back concert tour scheduled for 50 dates in London.

**SACRAMENTO-6-24-09-** A 24-Year-old Sacramento woman became the state's tenth swine flu related death.

**TEGUCIGALPA, HONDURAS-6-28-09-** Leftist President Manuel Zelaya was ousted in a bloodless military coup and forced into exile. The United States has strong military ties with the Honduran military, and President Obama has strongly condemned the action. Zelaya has been pushing an unpopular constitutional referendum seen as an attempt by him to stay in power beyond the current one-term limit.

**SOUTH ATLANTIC-7-04-09-** Signals from the "black boxes" of Air France flight 447 continue to fade and weaken along with hopes of resolving the mystery of what caused the Airbus jet to break up in the skies off of Brazil's northeast coast, killing all 228 people on board.

**ST. PAUL, MINN. - 6-30-09-** The state Supreme Court voted unanimously to certify former Saturday Night Live comedian Al Franken as the victor for the state's contested seat in the U.S. Senate. The vote gives Democrats in the U.S. Senate a filibuster proof 60 seat majority over Republicans. Franken won over Republican Norm Coleman by 312 votes out of 2.9 million cast.

**SACRAMENTO, CA.-7-01-09-** With the legislature unable to agree on how to close the state's massive deficit, state controller John Chiang began issuing interest bearing I.O.U's to pay a portion of the state's debts. Gov. Arnold Schwarzenegger is forcing the state's 220,000 workers to take a third unpaid monthly day off beginning in July.

**WASILLA, ALASKA-7-04-09-** Gov. Sarah Palin resigned July 25, long before her term was to expire in 2010. The announcement by the 2008 Republican vice president candidate shocked the Republican party and could boost former Massachusetts Gov. Mitt Romney to the front of the Republican presidential hopeful pack for 2012. No clear-cut reason was given by Palin for her decision.

**NOWA, AFGHNISTAN-7-05-09-** Four thousand U.S. Marines continued to root out Taliban fighters in the biggest U.S. military operation since the American-led invasion began in 2001. The operation, centered in Afghanistan's southern Helmand province is meant to take and hold Taliban controlled areas prior to upcoming elections.

**WASHINGTON-7-01-09-** A panel of the Food and Drug Administration has voted for the removal for sale of such pain-killing drugs as Vicodin and Percocet. The drugs contain acetaminophen, which is the leading cause of liver failure in the U.S. A final decision is pending. Other popular drugs that combine acetaminophen with other pain-killing ingredients, are Tylenol, Excedrin, Nyquil, and Theraflu.

**NEW YORK, NEW YORK-7-04-09-** A 25-year-old San Jose man gobbled a record 68 hot dogs to claim his third straight crown at the annual July fourth Coney Island hot dog eating contest. Joey Chestnut bested six-time titleholder Takeru Kobayashi 68 to 64 1/2 dogs.

**THE VATICAN, ITALY-7-04-09-**The Vatican posted a budget deficit for the second straight year. This year's deficit was around 1.28 million, and donations to the Holy See from the churches world wide were down to about $75.8 million from $79.8 million in 2007.

**NASHVILLE, TENN. -7-04-09-** Former NFL quarter back Steve McNair was found dead from multiple gunshot wounds, the victim of a possible murder-suicide. McNair was a three-time Pro-Bowler and Super Bowl quarterback who threw for 31,304 yards and 174 touchdowns during his 13-year career. He retired following the 2007 season.

**HONDURAS-7-06-09-** The Honduran military blocked a runway with trucks and soldiers to prevent a plane carrying deposed president Manuel Zelaya from landing. Zelaya vowed to return at a later time.

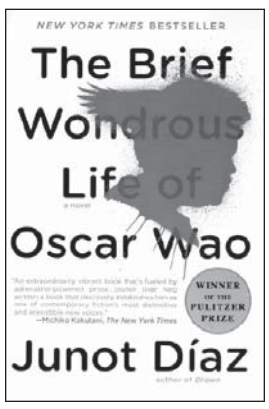
# Pulitzer Prize Winner Advises Writers

Junot Diaz

**By KENNETH BRYDON**
**Journalism Guild Writer**

One of America's top writers gave some tips and advice to San Quentin's Creative Writing Class recently.

The speaker was Junot Díaz, author of *Drown* and *The Brief Wondrous Life of Oscar Wao,* which won the 2008 Pulitzer Prize for fiction.




A writer lives and dies by the quality of his details, Diaz said during his San Quentin appearance on June 24.

Born in Santo Domingo, Dominican Republic, he was raised on the East Coast and became recognized for his gritty story-telling of migrants. His story deals with the cruel abuses that humanity inflicts on others, while intertwining it with acts of heroism and love, leaving the readers with what can be described as a bittersweet ending.

He described the 11 years it took him to write his Oscar Wao novel as a journey of frustration, doubt and despair that walked side by side with a burning desire to tell a story with relevance to inequalities of humanity.

"Life…adheres to no formula," he said, explaining his purpose of writing of callous and cruel issues that prisoners understand.

Dressed all in black, Diaz, 42, bounced his leg as he spoke, answering questions from the group of incarcerated writers, Using the collection of short stories and two novels that has won critical acclaim, he told the group, "Be opinionated," as he pointed to why he thought his writing was praised..

# A Close Look at the Three Strikes Law

California's Three Strikes Law has flooded state prisons but has little effect on curbing violent crime, according to a professor who researched the impact reports.

"California has over 7,000 more third-strike prisoners than any other state. California's Three Strikes Law is in a league of its own," said Elsa Y. Chen, assistant professor of political science at Santa Clara University. She was guest lecturer recently for a classroom of over 50 San Quentin prisoners sharing her research about the Three Strikes Law.

Washington State is ranked second in the nation with about 350 third-strike inmates.

Chen's study covered from 1986 through 2005 to explain the circumstances that framed passage of the Three Strikes Law by Californians. She said the study concluded "California's Three Strikes Law failed to produce a significant incapacitation effect on crime compared to 24 other states with a similar law but narrowly constructed to target recidivists who commit a third violent crime."

She said she was troubled by the disparity in the application of law from county to county in California. She found that age, race, ethnicity, and even political affiliation played a significant role in whether an individual was subjected to the extreme penalties imposed under the Three Strikes Law. "Elected [officials] make policy about strikes, changing… from county to county. They are not only allowed to make policy, but they do so publicly," she said.

Chen's research bolsters a general hypothesis that exposes the meager effect Three Strikes has had on crime in California. 87,500 individuals who have violated any of over 500 different felonies, whether violent or not, have been subjected to three strikes in California, according to Chen's research, costing California taxpayers $500 million a year.

One of Chen's positions is director of public sector studies at Santa Clara University. She commented, "I can assure you that working as a public intellectual I will be able to apply my research in the future." But she added, "Currently research opinion [on sentencing reduction] is not highly sought by politicians."

Chen expressed optimism that her research will have great value to a sentencing commission as she awaits the slow state legislative process of adopting a commission that may potentially bring fairness in sentencing.

Chen's study is titled "Impact of 'Three Strikes and You're Out' on Crime Trends in California and Throughout the United States." It can be found in the Journal of Contemporary Criminal Justice, Volume 24, Number 4 and at http://ccj.sagepub.com hosted at http://online.sagepub.com or get a copy by asking Jennifer Scaife of Patten University at San Quentin.

*By Arnulfo Garcia*
*and Juan Haines*
*Journalism Guild Writers*

# Berkeley Law Professor Lectures On Parole and Sentencing Reform

**By ARNULFO GARCIA**
**and JUAN HAINES**
**Journalism Guild Writers**

California needs a massive overhaul of its prisons and parole system to effectively cope with crime and repeat offenders, a noted law professor told a San Quentin audience.

Jonathan Simon, an author and professor at the University of California Bolt Hall law school, visited San Quentin to lecture prisoners on why parole does not work, and why re-evaluating California's sentencing structure for violent crime is crucial to eliminating mass imprisonment.

Simon's research shows that the institution of parole has changed little since its inception.

Unlike many other states, that eliminated early releases through parole, California continued to require parole supervision in the community for all released prisoners. And that, Simon contends "is a big part of what's broken."

Jonathan Simon

After a prisoner has served their sentence Simon contends it is not effective to add up to three years of parole supervision for each ex-offender without making any distinction between those who do and do not pose a threat.

He noted a major problem, especially in a down economy, is jobs for persons released.

Another important issue is placing more offenders in county-run institutions rather than more-expensive state-run prisons. State-funded institutions should be set aside for lawbreakers who pose such a threat of violence that they cannot reasonably be worked with in the community, he said. The state's financial support should actively subsidize counties (as done in the 1970s) to keep more offenders in their county system—where with less effort they can be integrated back with their families and community resources.

Californians also need to revamp the state school structure, which have become gateways to criminal-justice custody through disciplinary regimes and test-based pressures to force out weaker students, Simon said. Another example is California's mental health system which has been allowed to deteriorate, leaving many untreated mentally ill on a pathway toward criminalization and incarceration

*Simon is the author of a number of books. More on Simon's studies is available at this web site: http://www.berkeley.edu/news/media/*

# S.Q.'s Imam Hassan Retires

**By KHAIRY REYNOLDS**
**Contributing Writer**

Imam Rafiq S. Hassan, 67, retired after devoting more than 20 years of service to the San Quentin Muslim Community.

"I will miss him, as well as his leadership skills," said Protestant Chaplain, Pastor Morris Curry.

Imam Hassan is a diligent practitioner of the Islamic faith and was instrumental in facilitating many of the Islamic programs for prisoners.

"He was the only prison Imam who facilitated the 'Night of Power' (Al-Qudr) and was here in the prison during Iftar (break-fast) the entire 30 days of Ramadan," says Islamic Clerk, Shahid Rouse.

Ramadan is the ninth month of the Islamic calendar, celebrated each year by Muslims world wide who read the entire Koran while fasting from sun-up to sun-down. Iman Hassan made sure that all of the Muslim prisoners at San Quentin were able to participate and sacrificed being with his family during the holy month to pray with prisoners.

"We will miss his dedication to helping the Muslim community grow," said Islamic community volunteer Abrahim Nana.

The Islamic Chaplain job position has yet to be filled, but applicants are being interviewed, according to prison officials.

# 2009 Graduation

***Continued From Page 1***

Jones challenged the graduates in saying, "You have a responsibility, meaning you're going to have to leave some of your old habits and pick up new ones…education is your foot in the door."

Inmate Larry Dixon served as the valedictorian for the Robert E. Burton Adult School, while Felix Lucero Jr. was the Patten University Valedictorian.

Most in the audience appeared focused on the continued accomplishments of the students and staff of San Quentin's educational community, rather than the specter of cuts in the program's budget. Among those who voiced a positive perspective was educational Correctional Officer Coon, who said, "One of the most rewarding things I get out of my job is to see a young man come into the education department, start showing up every day, then graduate from the program with a diploma or degree."

Patten University Valedictorian Felix Lucero Jr.

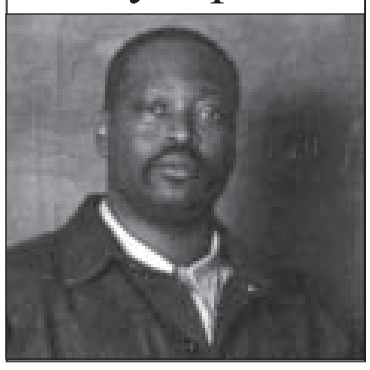
And it appeared that those inmates taking part in the day's ceremonies were focused positively on what the future might hold in store, knowing that each of them had at least one more thing working in their favor, an education.

"The valedictorians said it all, that's what we're all about, changing hearts, building character, educating minds and giving people a chance at life," said Ted Roberts, the proud principal of San Quentin's Education Department.

# OPINION

## Prison Sentencing Reform Proposal

### In My Opinion



**By KENNETH PACKNER**
**Contributing Writer**

Sentencing reform is among the hottest topics in California's prison system, but despite the heat, not much is happening. I would like to get things moving and so respectfully offer my own proposal as a starting point.

three-judge panel of Federal District Court directed the California Department of Corrections and Rehabilitation (CDCR) and the Prison Law Office (PLO), the plaintiff in the successful suit to force health system changes, to work together to generate a viable framework for sentencing reform. The judges' directive flows from the fact that the prison health system shortcomings are a result of prison overcrowding and overcrowding stems from the current sentencing system. But despite the judges' order, nothing much has happened.

My proposal relates to the April 24 first leg of a "Sentencing Seminar" at which the guest speaker was Kara Dansky, executive director of the Stanford Criminal Justice Center. Her presentation featured a brief history of indeterminate sentencing law, determinate sentencing law and the explosion of California criminal sentencing enhancements. Ms. Dansky also discussed the ongoing jurisdiction of the Federal District Court over CDCR.

I believe that both the CDCR and the PLO should use this moment in time to craft an equitable sentencing scheme that the court can implement and that will direct the Legislature to enact a new sentencing package. It should be noted that draconian voter initiatives on sentencing will fail when found to be in violation of the Eighth and Fourteenth Amendments to the Constitution, when cruel and unusual punishment and due process guarantees are threatened. My proposal to start the conversation on sentencing reform follows:

**BACKGROUND**

The United States has the largest incarcerated population in the world, with the California Department of Corrections and Rehabilitation making a significant contribution to this fact. Three decades of "tough on crime" have tripled California's prison population. Prisoner overcrowding leads to inadequate medical health care.

Politicians elected on promises to be "tough on crime" along with the absence of medical oversight have led to the establishment of two Federal receiverships over the CDCR.

There is no incentive for the CDCR to reduce prisoner population.

**MY SENTENCING REFORM SCHEME**

I.
**MODIFIED SENTENCE**
Eliminate "Early Release Proposal."
Create "Progressive Sentencing Reform Challenge."

**II.**
**EXISTING SENTENCING STRUCTURE**
Sentencing Criteria for Conversation & Fire Camps;
**Now;** 2 Day Credit, for 1 Day served
**Propose;**3 Day Credit for1 Day Served
**Example:**30 Day Sentence; 10 Days Served, Instead,30 Day Sentence; 5 Day Sentence Served

**III.**
**DAY FOR DAY REFORM:**
1 Day Credit; 1 Day Served, Instead, 2 Day Credit; 1 Day Served;80% - 85%
Instead, 1 day credit; for 1 day served
Program failure, return to "80 – 85%"

**IV.**
**ABOLISH 3 STRIKES**
Return to "original sentence, plus enhancements
Mandatory 60 – 65% time cut
Mandatory Program Targets

**V.**
**REFORM MATRIX SENTENCING STRUCTURE**
7to life Minimum 5 years, Top Matrix 11 years; (Good/Work time credit)6 years 8 months;
15 to life Minimum 10 years; Top Matrix 21 years; (Good/ Work time credit)
14 years 8 months;
25 to life, Minimum 16 years 8 months; Top Matrix 33 years Max
(Good/Work time credit) 21 years 8 months

**VI.**
**LIFE WITHOUT PAROLE**;
Converted to 30 to life using above matrix outlined above.

**VII.**
**DEATH PENALTY SENTENCE**
Abolish Death Penalty. The current system is overwhelmed, commute Death Sentence to life without parole. Although this writer offers no opinion on this issue, there are many comments that atonement and redemption is worthy of review and should invigorate a spirited and intellectual discussion.

# Parole Date Cancellations By Governor Devastate Prisoners and Families

## HOPES AND DREAMS DEFERRED

**By MICHAEL HARRIS**
**Editor-in-Chief**
**and**
**STEPHEN LIEBB**
**Staff Writer**

When the governor rejects parole to a lifer, it's devastating both to the inmate and his family. The family members become faceless victims.

To illustrate the point, we interviewed three lifers who were found suitable for parole by the board, but the governor rejected their parole dates. To safeguard their privacy, no names are used.

**CASE 1**

He joined a Los Angeles gang at age 14, in part to flee a physically abusive father. He committed a senseless murder at age 17. Arrested in 1989, he became an unwed father a month later.

Twenty years later, serving a term of 15 years to life, he was found suitable for parole after repeated denials. This restored some of the faith his family had lost. "I knew there was a nearly 90 percent chance that the governor's office would systematically reverse my first finding of suitability. When the actual (denial) news came, I was more concerned about the impact it would have on my family."

His mother's heartfelt letters to the governor pleading that he let her son's parole date stand went unheeded. "I understood how my actions, my selfishness, my past conduct, has contributed to the pain and suffering my family has had to endure. I also have come to understand how I affected the lives and well-being of my victims and their families and loved ones."

**HIS RESPONSE**

"The governor's office is directly responsible for the pain and suffering of our families and loved ones. If I were still doing wrong or committing crimes or not trying to comply with the board's expectations of rehabilitation, then I would be responsible for their continued suffering."

He was asked how he would respond to those who argue that he took a life and the victim's family still suffers and so what does it matter if his family also suffers. He said, "During the Vietnam War, pilots said that at first they had no qualms bombing villages. He recently graduated from San Quentin's Patten College. Professors wrote to the board supporting his parole. They described the clear potential he has for academic excellence and leadership qualities. He earned Navy certification as a substance abuse counselor and is valued by professionals in the juvenile justice system .

**CASE 2**

As a 20-year-old he left his mother and sister in Portland, Ore. and their neat home with its manicured lawn to serve his country in Vietnam. In 1969, his skull was shattered by a Viet Cong rocket. His right side was paralyzed. A metal plate was placed in his skull. He was awarded the Purple Heart.

**CHANGED HIS LIFE**

He returned home disabled and vilified for his service to his country. His Class 1 driver's license was revoked due to epilepsy seizures linked to his head injuries. "That license was my ticket to driving multiple axles and making money (so) I got fired."

He turned to using and selling drugs, eventually beating a woman to death he believed had stolen from him.

In prison he slowly reconstructed his life. He became a journeyman machinist and an active leader in the Vietnam Veteran Group of San Quentin. One of the most decorated colonels in the United States military supports his parole

He longs to reunite with his aged mother and his sister. Their home is in disrepair and the lawn overgrown and choked with weeds. Angry neighbors cut the lawn to the dirt, attempting to eradicate a neighborhood blight. With pain in his eyes he said, "My mother will be 84 this month. My dad is 85 and I'm surprised that he's still alive. They have kind of given up. My family is looking for answers and I don't have any."

After serving 23 years of a 15 years to life term, he was granted a parole date. The governor cancelled it, saying he needed to examine his "Vietnam experience" to gain more insight into his crime. He said his heart and commitment are for his fellow veterans. "I guarantee in the next 10 years there's going be hundreds of vets coming back from Iraq and Afghanistan and they're going to need help. I want to be there to help them. I can be an asset for them. This country needs us Vietnam vets to still fight for this country. I want to do that by counseling them on how to deal with the challenges they will face and help them make better choices than the one's I made."

**CASE 3**

As a young drug user, he killed a friend who he believed had provided his girlfriend with "bad dope."

"I was 19 years old and I made some serious and very foolish mistakes," He says. "I took my friend's life. It started with a foolish argument over the bad drugs. I had known him a very long time. At the time of the crime I was on an eight-day drug run."

He offers no excuses but reflects that when his "father left his mother, leaving him without a man in his life, He took on the responsibility and became a man at age 13. But I had no guidance, because there was no role model in my life to steer me in the right direction."

He received his first parole date in 2006, but as a result of a malfunction of the recording system, the date was vacated. In 2007, he was again found suitable. He says, "I felt that when they gave me the first date that they were telling me that I was still a human being. I had hopes and dreams to reconnect with my youngest brother in Texas," His younger brother was his last living brother.

**BONE CANCER**

His wife returned from Central America after his second parole date, but it was vacated too. "She was back at my side for support. When she came back, I had just lost my second date. I also found out that I had bone cancer. This was so devastating and I felt so helpless. I wanted to be there for my wife."

He was granted a third parole date in 2008. The day before the hearing he was told that his leg may have to be amputated up to the waist due to the cancer. He was found suitable and began the vigil to see if he would go home. Forty-nine days before he was due to be released, he was notified that his younger brother in Texas was murdered, shot in the back by a homeless person he was helping.

The governor took the third parole date too.

His cancer is in remission. "I refuse to give in to hopelessness and despair. I learn from these experiences that I'm not alone and to be more humble and allow people to be a part of my life."

*Note: A referendum passed by California voters in 1988 and enacted the same year, Prop 89 gave the State's governor veto power over all paroles granted to persons convicted of first or second-degree homicide.*

*"Hope deferred makes the heart sick, but when the desire comes it is a tree of life."*
**Proverbs 13:12**
*"No injustice can be corrected by creating a new injustice."*
**David Grossman, Israeli writer , from "The Yellow Wind"**

# Happy Birthday S.Q. News

**By JOHN EAGAN**
**San Quentin News Advisor**

This edition of the San Quentin News marks the one-year anniversary of the resurrection of the inmate-produced newspaper whose aim is to tell what life inside the walls is really like.

We have come a long way since that June 2008 paper hit the Print Shop presses, and we still have a long way to go. But everyone involved in the production can be proud of our accomplishments.

The layout is better, the content is stronger, the editing is crisper and the journalistic quality is remarkable.

As a retired journalist, I was asked to help put the paper back together in April 2008, after a 16-year hiatus. I agreed because I felt the effort could accomplish several worthwhile goals: improve communication among the administration, prisoners, staff and guards, improve communication between the prison and the outside community, and provide valuable job skills to inmates. We have, in fact, accomplished all of those goals.

A large percentage of our stories have detailed the positive side of prison life: inmates who are turning their lives around, getting education, training and counseling to help them toward positive, productive lives whether inside or outside of San Quentin.

The reaction has been remarkable. At first many prisoners viewed the paper suspiciously but by now virtually all of them look forward to reading every story in every edition. The warden reports his phone has been ringing off the hook from other prisons that love the paper and want to start something similar at their facility.

A publication distributed inside London prisons wants to send a representative to San Quentin to learn how they can do something similar for British inmates.

The paper has been featured in stories by The Associated Press, San Francisco Chronicle, Marin Independent Journal and National Public Radio.

We are featured on the internet web site of the California Department of Corrections and Rehabilitation, including complete copies of papers since June 2008.

Not everyone loves us, of course. There are people who don't like the idea of a prisoner writing for publication about what's going on inside the walls, especially if there is the slightest hint of criticism.

But we have been honored with strong support from the administration and staff.

We are proud of our newspaper and hope it will be around for many years, helping to tell the story of San Quentin Prison.

# Letters

## Former Warden Praises SQ News

To the Editors

I am in a state of shock that in nine months the San Quentin News has produced this level of quality. You, with the Advisory Board's help, have far surpassed what I thought would be done. My congratulations to everyone involved for a superior accomplishment. Now the real work starts. Improving on excellence is a huge challenge.

Robert Ayers, Jr.
San Quentin Warden, Retired

## On S.Q. Going Green

Dear Editors Mailbag:

Really enjoyed the article "Obama's Green Czar Seeks The Help Of S.Q. Inmates" (March 2009). Not only was it a great synopsis of local author Van Jones' speech, it also raised some interest on some new green directions S.Q. may be headed toward.

I couldn't agree more that inmates "should be able to access the opportunities" of an equal opp-green economy, so I was excited to read that Harris has proposed the creation of a Green Technology Learning Center, and also that (Chief Deputy) Warden Cullen was quoted about becoming involved and making this one of the first institutions in the country to go green.

The time is ripe for the CDCR to expand its vocational learning and trade programs. If there was ever an institution to embrace green technologies for use here and on the outside, San Quentin is the place to do it. The Bay area is committed more than ever to the manufacturing, installation and developing of green technologies such as solar energy, heating and Co2 reduction. Three to name a few that S.Q. could incorporate.

Another article on the proposed Green Tech Learning Center and Chief Deputy Warden Cullen's goals to take S.Q. in new green directions would be of interest and relevance to us all.

Keep up the great work,
EUGENE R.

## Congratulations From Other Prisons

To whom it may concern,

I stumbled upon the March issue of the San Quentin News here at the library and was surprised. Congratulations!

We didn't have a paper when I was there in 2001. You guys are doing good.

Thank you,

William Cordoba
California Medical Facility
Vacaville, California

## Unhappy About Guitar Lesson Article

Dear San Quentin News:

I saw the article in a recent issue of the paper that talks about some guitar hero offering lessons to perspective players in the G.P. (General population).
While that serves to fill blank sections of the pages with words and offers limited hope for a comparative few wannabes in the G.P., it provides a big nothing for aspiring guitarists over here on the Row. In fact, that article wouldn't even provide enough scrap paper for a decent origami fish. I tried it...

Robert Frazier
East Block

## An Opinion on PSA Testing

Your article on taking a PSA (Prostate Specific Antigen Test) is very misleading. PSA test is a simple blood test.

I am Afro-American, over 50 years old, and take a PSA test every year, I am taking 5 mg. of Terazosin HCI for an enlarged prostrate gland.

Your answer to the question: "Should I have a PSA test for prostrate cancer?" The answer, "This is a very complex question and there is no right answer" is very misleading! It's a simple blood test. Yes, if you are over 50 years old , a male African-American, you should take a PSA test, which is very different from a prostate biopsy.

Am I correct on this? Please refrain from scaring the Afro-American men, over the age of 50 years, from taking a simple blood test.

Thank you,
Lee A. Samprath

## Privileged to be involved

I'm writing in regard to the positive influence the "San Quentin News" has on me and a thousand others in the prison population, as well as people in society.

What truly makes S.Q. unique is its many educational, and self help programs. The story of eddy Zheng is a testament to the positive influence the programs here in this institution have. The heart warming story showed how somebody can turn their life around and give back to the community.

The story really touched me personally because I believe that giving back to the community is one of the most important and helpful things we can do as human beings. Just recently on the yard a small group of individuals and I were discussing the benefits of education and giving back to the community. It is through the S.Q. News that inmates are looking at life in a new positive direction with enthusiasm you can see. Indeed some see their purpose.

It is my wish that the people involved in these programs realize that they are privileged to be a part of something that is unique in the California prison system. That they should take full advantage and apply them-selves accordingly. Hopefully I will be endorsed to SQ main line as well. It would be a very fortunate opportunity.

Michael Anderson.

# Project R.E.A.C.H. Hosts M.A.S.H. Actor Mike Farrell

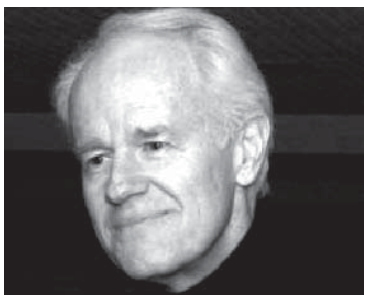
**By ARNULFO GARCIA, JUAN HAINES, and JULIANGLENN PADGETT**
**Journalism Guild Writers**

Actor Mike Farrell says prisons need to do more to help people, such as the San Quentin R.E.A.C.H. program is doing to combat illiteracy.

"My friend Nan Sincero invited me here to see this class," Farrell said. "When Nan told me about the Marin Literacy Program's involvement with prison literacy, I was amazed at what the people in it are accomplishing. We need programs in prison that are designed to help people."

Sincero is a key part of the R.E.A.C.H. program.

Farrell was on a book-signing tour for his new book, "Just Call Me Mike," in San Francisco. He took a break from his tour to visit



Mike Farrell

Project R.E.A.C.H., a San Quentin literacy program co-sponsored by the Marin Literacy Program.

Farrell is a political and social activist best known for his portrayal of Army doctor Capt. B.J. Hunnicutt in the TV series M.A.S.H., and Dr. Jim Hansen in the weekly NBC series "Providence." He has served on the board of directors of the National Coalition to Abolish The Death Penalty, as the former co-chair of the California Committee of Human Rights Watch, and is currently president of Death Penalty Focus.

Marin Literacy Program provides Marin County adults with free student-centered instruction in reading, writing and speaking to help them reach their full potential at work, at home and in the community. Begun in 1985 with a $31,000 grant from the California State Library, the program is sponsored by the Marin County Free Library, San Rafael Public Library and Marin Literacy. Marin Literacy has served over 8,400 adult students and trained nearly 5,000 tutors since its inception, and currently has an annual operating budget of over $550,000. Services are provided to Marin County adults, families and prisoners.

Project R.E.A.C.H. tutors receive seven hours of instruction on methods of teaching prisoners the fundamentals of academic proficiency and life skills.

Roy Jones, Robert Frye and Rocky Cote are on the executive body of project R.E.A.C.H. Rocky is a graduate of project R.E.A.C.H. and is currently enrolled in the Patten University program.

Jones said, "It takes a lot of courage for a man who cannot read or write to come to project R.E.A.C.H." Frye added, "We create a safe environment for a man to expose his weaknesses and be receptive to learning basic academic skills." Rocky reflected, "Once a prisoner is signed up with project R.E.A.C.H., we are able to assist him in many ways."

Project R.E.A.C.H. holds an annual fund raiser, and donates the majority of the contributions to other literacy programs in the community.

The model of Project R.E.A.C.H. has been recognized by the California Department of Corrections and Rehabilitation (CDCR) and is being implemented in the state's 32 other penal institutions.

Sponsors Carolyn Hardee, Jane Curtis and Debra Sheldon assist prisoners who attend the Wednesday evening academic sessions..

# National Prison News Briefs

**1. Hartford, Conn. —** Republican Gov. Jodi Rell vetoed legislation that would have eliminated the death penalty in the state of Connecticut. The state Democratic-controlled assembly does not have the required two-thirds majority vote which would enable them to override the governor's veto. Currently there are 10 prisoners on Connecticut's death row awaiting execution.

**2. Rancho Murrieta, Calif. —** California Department of Corrections and Rehabilitation Undersecretary Scott Michael Kernan was arrested for suspicion of drunk driving. The state-owned vehicle Kernan was driving the time of his arrest is a benefit that goes with his $157,000-a-year salary. His arraignment was scheduled for July 16 in Sacramento County.

**3. Chicago, Ill. —** A Chicago police officer, William Cozzi, whose attack on a hand-cuffed man in a wheel chair was caught on video, has been sentenced to more than three years in federal prison. The victim of officer Cozzi's beating was the victim of an earlier stabbing and was brought to the hospital where Cozzi was sent to investigate.

**4. Philadelphia, Penn. —** To settle a class-action lawsuit the city of Philadelphia has agreed to pay $5.9 million in damages to people who were strip searched by prison guards after being arrested for misdemeanors and traffic violations. The courts have ruled that such searches for people who are incarcerated for minor crimes are degrading and unconstitutional.

**5. Richmond, VA —** Death row inmate Daryl Atkins whose case set precedent for a national ban on executing mentally retarded offenders, will spend the rest of his life in prison after a 5-2 decision the Supreme Court upheld a York County Court's decision to commute his sentence to life without the possibility of parole.

**6. Lansing, Mich. —** In a move to save the state more than $118 million, Michigan officials announced that they will close three prisons this year as well as five minimum security prison camps. One thousand correctional employees will be affected by the closures.

**7. Petros, Tenn. —** The prison which held Dr. Martin Luther King's assassin James Earl Ray and Tennessee's most violent criminals is closing after 113 years. The Brushy Mountain Correctional complex became too expensive for the state to upgrade and maintain, which prompted the closure. The prison employed more people in Morgan County (40 miles northwest of Knoxville) than any other industry.

**8. Phoenix, Ariz. —** Prostitute Marcia Powell, serving a two year sentence at Perryville State Prison, was placed in one of the facilities outdoor holding pens for almost four hours. Powell collapsed and died in the 108-degee heat, prompting a criminal investigation and a ban on the use of the outdoor detention cells.

**9. Carson City, Nev. —** A smoking ban that was scheduled to take effect July 1 in the Nevada state prison system is expected to increase tensions among prison guards and inmates who smoke, according to a prison union spokesman. The ban is similar to tobacco product bans in other states, which are said to reduce medical costs attributed to smoking-related illnesses.

**10. New York, NY. —** Bernard Madoff, perpetrator of a $170 billion ponzi scheme, was sentenced to 150 years in prison. Madoff was sent to a medium security prison where he will more than likely die before completing his sentence.

**11. Philadelphia, Penn. —** Attorney H. Beatty Chadwick was released from prison after serving 14 years on a civil contempt charge stemming from his refusal to turn over millions of dollars to his ex-wife in a divorce settlement. Chadwick served the longest sentence in U.S. history for civil contempt.

**12. Santa Fe, New Mexico —** Two men on death row face execution after the state officially abolished the death penalty last March. New Mexico's law abolishing the death penalty applies to murders committed after July 1, leaving Robert Fry and Timothy Allen eligible to receive capital punishment. Their criminal cases are currently in the lengthy appeals process, which means they may be executed more than ten years after the state passed the abolition law.

**13. Columbia, SC. —** Prison officials representing more than 24 states have signed a petition asking permission from the FCC to jam cell phone signals inside of the nation's state penitentiaries to stop inmates from using smuggled cell phones to make unauthorized calls.

**14. Georgia —** State officials, faced with tight budgets, have cut prisoner meals from three a day down to two in an effort to save money. Two meals will be served to state prisoners three days a week: Friday, Saturday and Sunday. The ACLU is investigating if the state's meal cuts are unconstitutional.

**15. Rockville, Ind. —** JPay developed a system which uses ATM-like kiosks giving inmates the ability to video conference friends and family members. The system allows 1200 inmates at the Rockville Correctional Facility to conference with previously approved people from their home or office for a fee of $12.50 for 30 minutes. JPay covered the cost of the kiosks and their installation and visitors must have a web. camera and an internet connection.

# Condemned Inmate Dies

**By Lt. S. Robinson**
**Public Information Officer**

Condemned inmate Michael Dee Mattson, 55, who was on California's death row for the kidnappings, rapes and murders of two Los Angeles County girls, ages 9 and 16, was pronounced dead of natural causes at an outside hospital facility July 17, 2009.

Mattson was received by San Quentin State Prison on April 14, 1980 for the July 14, 1978 murder of 9-year-old Cheryl Kristy Gutierrez, and the September 6, 1978 murder of 16-year-old Adele Jean Corradini.

Mattson confessed to both murders to Los Angeles County investigators. Mattson kidnapped Gutierrez as she sat on a curb outside of the Santa Fe Springs High School Community Swimming Pool. He drove Gutierrez to Legg Lake, a portion of the Whittier Narrows Recreation Area, were he raped and strangled the victim. The next day, Gutierrez's nude body was discovered in the area. Two months later Mattson kidnapped Corradini, who was hitchhiking in the Laguna Beach Area. Mattson drove to a secluded area in Duarte, where he forcibly raped the victim on three different occasions and subsequently strangled her with his hands. Mattson thought he had killed the victim but when she recovered, he strangled the victim with his belt to ensure that she was dead. Mattson led investigators to the victim's partially buried body at the north end of Vinedale Street in the Duarte Area.

Mattson was sentenced to death in Los Angeles County on April 10, 1980.

Since 1978 when California reinstated capital punishment, 45 condemned inmates have died from natural causes, 17 committed suicide, 13 were executed in California, one was executed in Missouri and five died from other causes.

# Back in the Day

Selected Stories From Back Issues Of The San Quentin News

**April 25, 1980** - "The Phantom Diner" - S.Q. News' esteemed "Restaurant Critic" reported that after sampling 26 meals over nine days in the chow hall, eight were poor quality, 12 adequate and six were good. Notably, gravy was cold and lumpy, while most baked goods were excellent.

**June 13, 1980** - The First District Appellate Court ruled that the suspension of prison visiting for inmate wives who refused to submit to a full strip search was not necessary for the reasonable security of the institution and violated prisoner's right to have visitors.

**August 29, 1980** - Five shots were fired to stop an assault on an East Block correctional officer, according to Mike Madson, prison informational officer.

**November 21, 1980** - The legendary "Godfather of Soul," James Brown, performed a special holiday show in the North dining hall for approximately 1,000 inmates.

**June 5, 1981** - A fire set to a blanket hanging on a cell door, in protest a of a lock down, got out of control in the Badger section of S.Q. claiming the lives of two prisoners, who were trapped because the heat intensity of the flames caused their cell door to jam.

**February 13, 1981** - Richard Chase, dubbed the "Vampire Killer" because he reportedly drank the blood of his victims, was found dead in his death row cell of an apparent suicide by drug overdose.

**May 15, 1981 -** S.Q. holds annual Family Day. Forty two visitors came from all over California to enjoy a breakfast of bacon-and-eggs, fried potatoes, orange juice and coffee in the North dining hall.

**July 10, 1981 -** The lower yard received a layer of asphalt to stop contraband from being hidden in the dirt areas.


## San Quentin News

Current and past copies of the San Quentin News are posted online at:

**http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_newsletter.html**

The opinions expressed herein do not necessarily reflect those of the Administration, or the inmate population, and should be considered solely the opinion of the individual author unless specified.

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## We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances, use the prison appeals process. However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. Poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
(No Street address required)


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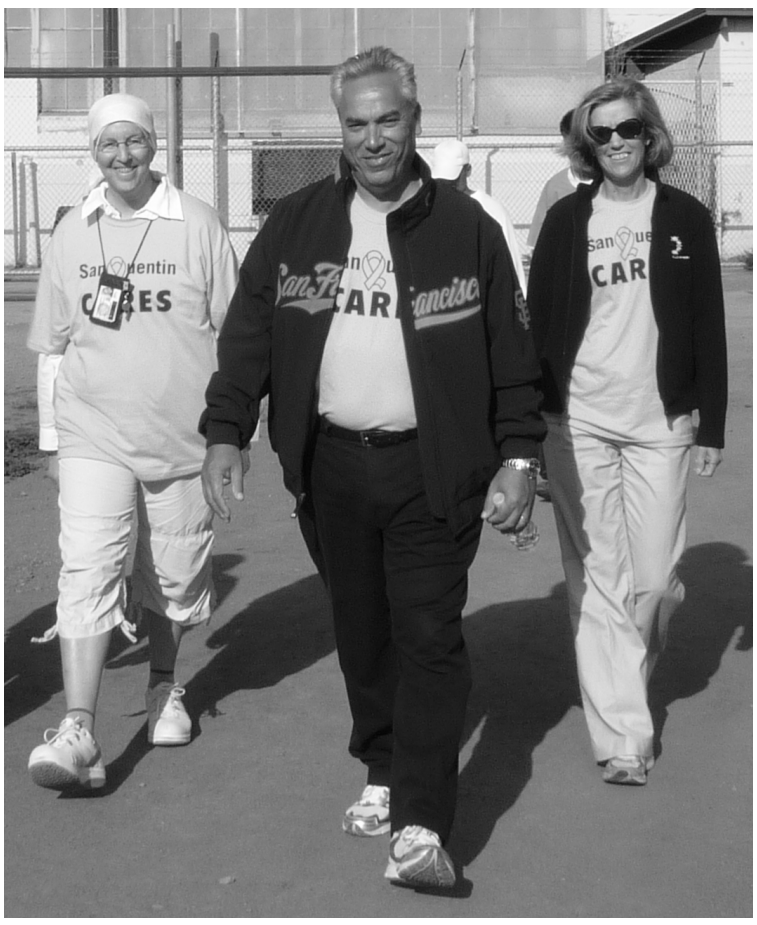
San Quentin Print Shop

# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO.7 | AUG/SEPT/OCT 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION: 5,435

Acting Warden R.K. Wong joins volunteers on the cancer walk

## S.Q. Closing on $9,000 Goal For Its Breast Cancer Walk

**By DAVID COWAN**
**Contributing Writer**

Incarcerated men and the outside community united in the name of hope, faith, strength and survival. Cancer survivors, prison staff, including Warden Robert Wong, community volunteers and incarcerated men walked around the lower yard track on the weekend of September 19 and 20 in support of breast cancer research.

The fundraiser raised nearly $9,000, with about $1,500 of it coming from the incarcerated population.

"This is the first time that anything like this has happened in a prison – let alone a men's prison," one community volunteer said excitedly, astonished at the crowd of over 300 incarcerated men sprinkled with about 20 pink shirts worn by non-inmates.

The walk, dubbed "San Quentin C. A. R. E. S." (**C**ompassionate **A**ccountability **R**emorsefully **E**xpressed through community **S**ervice) was part of the Avon Walk for Breast Cancer and was originally scheduled to coincide with the Avon sponsored walk in San Francisco on the weekend of June 12. It was postponed in S.Q. because of quarantine due to an H1N1 flu scare at the prison.

S.Q.'s participation was the brainchild of William Packer, incarcerated for over 20 years, who was elected to become the Chairperson of the organizing committee. In addition to Packer the organizing committee consisted of George Lamb, Christopher Rich, Earnest Morgan, David Cowan, Sam Johnson Sr. and Stephen Pascascio, all incarcerated men. Jill Friedman, community volunteer and co-chairperson, oversaw fundraising in the outside community.

Community Partnership Manager Laura Bowman sponsored

*See* **WALKING** *Page 3*

# Taking a Thorough Look at the Federal Court Ruling

**By DAVID MARSH**
**News Editor**

The following information is from the 184-page ruling released by the three-judge panel on Aug. 4, 2009. The panel consists of U.S. District Judges Thelton Henderson of San Francisco and Lawrence Karlton of Sacramento and Judge Stephen Reinhardt of the Ninth U.S. Court of Appeals.

The ruling outlines the judges' intentions as determined by the evidence presented at a trial which commenced on Nov. 18, 2008 and concluded Dec. 19, 2008. Fifty witnesses testified during the trial.

The number of early releases anticipated by the judges, (46,000 as stated in the ruling), is based upon the official California Department of Corrections and Rehabilitation population figure of in-state inmates as of Aug. 27, 2008. That number was 156,352 prisoners.

The court noted that California's prisons are operating at essentially 200.2 percent of design capacity, and that two of California's 12 inmate reception centers are currently operating over 300 percent of capacity. The court's ruling states that the prisons' population must be reduced to no more than 137.5 percent of capacity, and perhaps even less than that figure as safety dictates.

California's 33 adult prisons were designed to hold 79,828 male and female prisoners. Three of the 33 prisons are womens' facilities. Federal standards for overcrowding are 130 percent.

The ruling does not affect the state's numerous forestry camps, community correctional facilities or out-of-state facilities, only the 33 adult prisons in-state.

The court noted that state officials have at no time denied that the prisons are critically

*See* **THE RULING** *Page 2*

## *How R & R Works at San Quentin*

**By ARNULFO GARCIA and JUAN HAINES**
**Journalism Guild Writers**

S.Q.'s Receiving and Release facility (R&R) processes bus loads of prisoners into this state prison, Monday through Friday. Buses arrive from all California prisons, in addition to many Northern California county jails. R&R also releases parolees and men who have finished their terms, seven days a week.

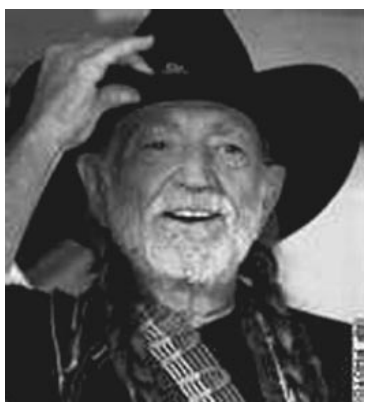
R&R is located on the lower yard of S.Q. in a fenced modular building. When prisoners are unloaded off the bus, they are interviewed at the door by a correctional officer regarding gang affiliation and/or safety concerns.

Each prisoner, including layovers who are going to other prisons, are medically screened prior to intermixing with the S.Q. general prison population. Licensed Vocational Nurse (LVN) Shalana VanHook said, "If one of these men has a serious medical condition, we want to refer them to the doctor immediately, because sometimes a layover prisoner may stay at S.Q. longer than planned and we don't want them passing on any diseases to the other prisoners. We check the layovers every day until they leave S.Q."

VanHook added, "Basically we check all the vital signs, eye test, chicken pox and TB screening. The prisoners are given the opportunity to take a HIV test in addition to any other relevant tests that may be performed."

Nurse Onica Brown assists in the preparation of medical files for each prisoner. One of the

*See* **R&R** *Page 6*



Willie Nelson

## WILLIE TO PLAY AT S.Q?

Will-he, or won't he?

Administration officials have confirmed that talks are under way which could result in country music legend Willie Nelson headlining a spring time concert on the lower yard at S.Q. in March of 2010. While emphasizing that nothing has at yet been decided, prison Public Information Officer Lt. Sam Robinson acknowledged that discussions with Nelson and other entertainers have been ongoing for some time.

In addition to Nelson, representatives for guitar virtuoso Carlos Santana and former *Who* front man Roger Daltrey have also expressed interest in performing at what has been tentatively slated as a tribute performance to the late Johnny Cash. Cash headlined a show 40 years ago at S.Q. Last March Cash impersonator David Stone and his band performed two shows at the prison's Garden Chapel.

## SALT & PEPPER

Salt and Pepper will no longer be provided to inmates in their lunches. Food service officials say that health concerns led to the decision.

# *Van Jones: A Life With Ups and Downs*

## Gone from the White House

**By MICHAEL R. HARRIS**
**Editor in Chief**
**and**
**JULIANGLENN PADGETT**
**Journalism Guild Writer**

Who is Van Jones?

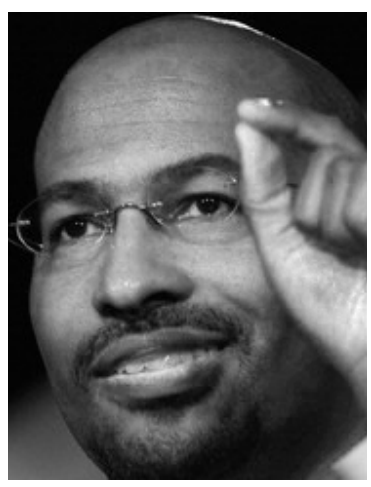
Van Jones is a human rights activist, Yale Law school graduate and founder of the Ella Baker Center and Green for All, both Oakland based organizations. Jones's early morning resignation as Special Advisor to the President on Green Jobs and the Environment on September 6 led the Sunday morning political talk show circuit.

He started his human rights work in San Francisco with an internship at the Lawyer Committee for Civil Rights. Jones graduated from Yale Law School in 1993 then came back to the Bay Area and created the Bay Area Police Watch, a referral service for victims of police misconduct. Leslie Fulbright, a staff writer for the *San Francisco Chronicle*, wrote in 2008, "Jones quickly earned a reputation for his brash remarks and aggressiveness in fighting against racial bias, high incarceration rates and police brutality.

In 1996 Jones opened the Ella Baker Center and then relocated the police watch center to that location. He was actively involved in defeating Proposition 21 in the 2000 campaign, the law that made it easier to try minors as adults. He also started Books Not Bars, a campaign that promoted education and jobs over jails," Fulbright said in her article.

Jones was catapulted to the national stage in 2008 with the release of his book, "The Green Collar Economy: How One Solution Can Fix Our Two Biggest

*See* **VAN JONES** *Page 12*



Activist Van Jones

# He Made It Happen

## *Donald Specter's PLO Started the Overcrowding Suit*

**By DAVID MARSH**
**News Editor**

Sitting in the main visiting room, Donald Specter answers with an easy familiarity questions concerning the organization that he heads, the Prison Law Office (PLO). Each response follows a slight pause for thoughtful reflection. Twenty-five years at the head of the PLO have left Specter well prepared to address inquiries concerning his organization, which is the principle defender of the rights and living conditions for those imprisoned in each of California's 33 state prisons and numerous satellite facilities.

The low buzz of constant work-a-day noise and activity nearby has seemingly little effect on Specter, who has spent more than a little time behind the walls of San Quentin State Prison, much of it in this same visiting room. This is where he often meets with many of the inmate clients that he has represented during his 29 years at the PLO.

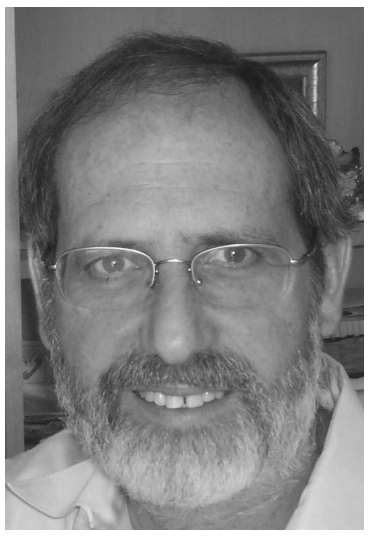
With a slight nod and a half-smile, Specter acknowledges that though his work directly impacts the lives of virtually all of California's approximately 170,000 male and female prison inmates on a daily basis, many of those same inmates would be hard-pressed to explain just what it is that Specter and the PLO's 12 staff attorneys have done on their behalf over the years. And this is in spite of the numerous "Notice of Settlement" placards which grace the walls of virtually every room inhabited by inmates throughout the state's vast prison system.

**PROFOUND CHANGES**

The placards themselves attest to the PLO's relentless successes in bringing about often-profound changes in many diverse areas. Those areas include access and assistance for disabled inmates, the timing of Lifers' parole hearings, access and continuing improvements to dental care and mental health care and the long-running battle over access and quality of medical services and care.

It is the evolution of this last case, a case filed by the PLO in 2001 over unconstitutionally poor health care, that has come to define the 29-year career in public interest law for Specter. For this is the case that has come to be known as the "overcrowding" case, a case that has resulted in a ruling from a special three-judge federal panel calling for the early release from prisons of up to 46,000 California inmates. Specter is the lead attorney for the inmate plaintiffs in the landmark class-action lawsuit.

"Who could really know, in the beginning, the scope and the eventual impact of this case. It has taken on a life of its own," he commented.



Donald Specter of the PLO

Public interest legal work is commonly recognized as among the lowest-paying areas for attorneys, but I expressed the hope that perhaps this case might bring to the PLO some recognition for its arduous work after the many years its staff has toiled in relative obscurity on inmates' behalf.

"It (public interest law) is, for the most part, low-profile work," he said. "But it has been very rewarding for us to know that we have been instrumental in bringing about major improvements in the quality of lives for those imprisoned, that we have managed to make a difference."

The PLO was founded on New Year's Day in 1976 by two recent Berkeley law school grads, Paul Comiskey and Mike Satris. They located their offices right outside the S.Q. walls with the intention of providing free legal services to inmates needing assistance with such issues as divorces, property loss and appeals.

The PLO is a non-profit, privately funded organization originally funded through charitable donations by San Francisco organizations, including the San Francisco Foundation and Catholic Social Services. The current 20-member staff works out of offices in Berkeley and is now solely funded through the attorneys' fees that are awarded through the courts in the many cases the PLO has won and is currently pursuing.

*Specter joined the PLO after working with the Marin Public Defender*

After graduating from the University of San Francisco, Specter served an internship with the Marin County Public Defender's Office before joining the PLO in 1980. In addition to managing and directing the legal and administrative operations of the PLO, Specter maintains an extensive appellate practice which has taken him to the hallowed halls of the United States Supreme Court as well as the California Supreme Court on numerous occasions.

The primary function of the PLO today is to identify and litigate cases which affect the confinement and overall quality of life behind bars in California's prisons. In addition, a wide variety of free self-help and informational material is provided to inmates, including a habeas corpus manual, parolee rights manual, and a personal injury lawsuit packet, plus material regarding divorce, immigration, plea bargains, release dates, worktime credits, guard brutality and more.

The PLO publishes and periodically updates The California State Prisoners' Handbook: A Comprehensive Guide To Prison and Parole Law. Specter notes that his office currently receives an average of 100 letters per day from inmates requesting information, assistance and legal advice.

Asked what the future holds for him, Specter replied: "It is important to note that five California Department of Corrections directors have told me that they're gonna 'clean things up so you don't have a job anymore'."

But the results of the recent "overcrowding" trial would seem to indicate that, within the walls of California's sprawling prisons, there is still much to do.

With "still plenty of gas left in the tank," Specter, 58, says he's looking for a "visiting rights for Lifers'" case to take on, and would also relish an opportunity to weigh in on the "deplorable" state of juvenile prisons.

"There's still plenty of work to be done," he said, noting that each year the U.S. Supreme Court chooses a case to hear that allows it to define and lessen prisoners' rights.

Does this, then, spell trouble for his overcrowding lawsuit if, as is appearing more and more likely, it should eventually wind up in the hands of the nine justices on the Supreme Court?

**A STRONGER CASE**

"I still expect to win," Specter says. "We presented a very compelling case which would be hard for the justices to ignore. California's own governor has declared his prisons in a critical state of emergency due to massive overcrowding. The governor's proposals actually makes our case stronger."

"This is a very politically charged issue," he noted. Specter expects that the U.S. Supreme Court will issue a temporary stay to prevent early releases pending a hearing before the full court, adding, "The court will rule in our favor. I expect to see the inmates released."

# *Federal Court's Ruling*

***Continued from Page 1***

overcrowded, or that the quality of health care in the prisons is at an unconstitutional level. The state's contention at trial was to deny that the overcrowding was the "primary" cause for the poor level of health care. In order for the court to order early releases, the law requires that overcrowding must be identified as the "primary" cause of the constitutional violations. The judges ruled that this was, indeed, the court's finding.

**POPULATION JUMPS**

California's prison population has increased 750 percent since the mid-70's due to determinate sentencing, mandatory minimums and three-strikes laws.

The Prison Litigation Reform Act, under which the trial was held, requires that a release order must be a remedy of last resort, and have no detrimental effect upon public safety.

The judges noted that California has no immediate prison construction plans and thus lacks the means to build its way out of the overcrowding dilemma in a reasonable period of time.

The judges pointed out that four former prison administrators testified as expert witnesses on behalf of the inmate plaintiffs, three of whom had never before testified in any court on behalf of inmates. Two of these prison administration experts were not paid for their expert testimony. The experts all agreed that crowding affects every aspect of a prison's ability to operate effectively.

Former S.Q. Prison warden and CDCR director Jeanne Woodford testified extensively on behalf of the plaintiffs and repeatedly condemned the overcrowding and the level of health care. "Two officers to supervise 200 is grossly inadequate," Woodford testified, noting that the practice is common at S.Q. and most other CDCR facilities.

Testimony during the trial established that at least one inmate was dying unnecessarily each week as a direct result of poor quality health care, or, in some cases, a complete lack of medical attention.

California also has an extraordinarily high suicide rate attributed in large part to a lack of mental health care and/or intervention. In 2006 (the last year for which figures were available) 25.1 inmates per 100,000 were dying as compared to a national average of 14 per 100,000.

Only one expert witness testified for the state, and the court noted that this witness wrote his report before visiting a single prison in California. The court noted there was "….no credible evidence presented by the defendants," and characterized the defendants' witness as "unreliable."

The court blasted the state's plans for transferring inmates out-of-state as woefully inadequate in scope and size, and questioned the potential adverse effects such moves have on the inmates.

Expert testimony established that California DOES NOT incarcerate felons at an unusually high rate, and the average sentence served in California is lower than the national average. The problem lies in the fact that the state has one of the nation's highest return-to-prison rates. Experts also testified that there is no lessening of recidivism rate associated with length of stay behind bars.

**NO WORK OR REHAB**

Experts for both sides supported expansion of "Good Time" credits. In addition, the court suggested that the state could explore enhancing program participation credits, extensive parole reforms, sentencing reforms and increasing viable rehabilitative programming for inmates.

Testimony in the trial established that for the previous year, 2007, fully 50 percent of exiting inmates had no work assignment or rehabilitative program assignment.

The records reflect that 134,000 inmates are released annually from California's prisons, while 70,000 parole violators are returned to prison each year. Of this total, 17,000 are technical violators meaning that they have committed no new crime.

"The evidence," stated the court, "is clear and convincing, indeed overwhelmingly persuasive. We do not find that overcrowding is the only cause, but simply that it is the primary one."

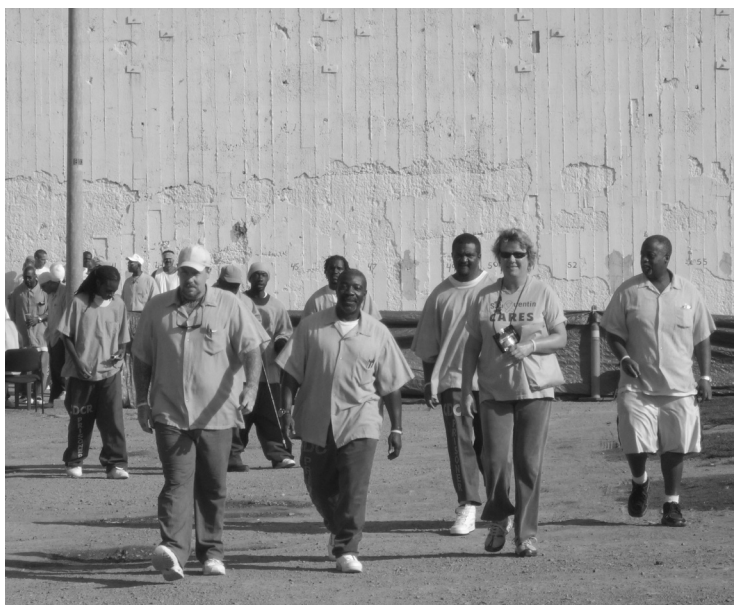
# *'Get Involved'*

An advisor to California senators who draft laws concerning public safety and policy came to San Quentin last month to inform prisoners about the reality of how laws are made in California and how that process profoundly affects prison reform.

Steven Meinrath, counsel to the Senate Committee on Public Safety, wanted prisoners to understand that the perception of being soft on crime is a position politicians fear and heavily influences their votes and policy.

"You must see yourselves as a part of the solution by working on your life stories," Meinrath said. "The people who decide how your lives are lived, don't know who you are. They need to hear from you directly." Meinrath stressed, "Inmates have families. They need to vote!"

He said that the lawmakers need to know what rehabilitative programs are beneficial to inmates and why. He suggested that prisoners write about Arts in Corrections, college programs and vocational programs, among others. Inmates may address their comments and responses to Steve Meinrath, Counsel, Senate Committee on Public Safety, Room 2031, State Capitol, Sacramento, CA 95814 —*Arnulfo Garcia and Juan Haines.*



Inmates, staff and volunteers walk the lower yard in San Quentin's two-day event supporting breast cancer funding and research

# Walking for a Cancer Cure

## *S.Q. Nears Its $9,000 Goal*

***Continued from Page 1***

the committee and served as the liaison between the incarcerated men and the administration as well as between the administration and the outside community. Chief Deputy Warden Vincent N. Cullen, Public Information Officer Samuel Robinson, CEO of Health Care Services Jackie Clark and Associate Warden over Health Care Services K. J. Williams also supported the event.

Early Saturday morning before the general population was released for breakfast, event coordinators moved tables and chairs from the education building to the yard, still covered in dew. The tables and chairs served as rest areas for various self-help groups that operate within SQ and whose incarcerated and free volunteers came to participate in the walk.

Makeshift barriers were also set up to establish a visibly contained walking area around the track that encompasses "San Quentin's Field of Dreams" – the name of the baseball field.

A small stage rested in the middle of the field on which the S. Q. Arts in Corrections program set up a sound system that would provide not only the music that would encourage the walkers to persist, but would also serve as a platform for speakers and survivors to address and inspire walkers and also to have opening and closing ceremonies.

Around 7:30 a.m. the incarcerated walkers purposefully trickled down to the track. Soon afterwards one could hear excited chatter as they looked past the new $160 million hospital to see the outside community walkers appearing from behind the building and headed toward the track wearing pink shirts – the color of breast cancer awareness. The shirts were made especially for this event and were printed with the words "San Quentin C. A. R. E. S."

The Catholic Chaplain, Rev. Stephen Barber, lead a prayer and representatives of the Native American community David Levett, Henry Frank, Joe Hoaglen, Robert Colbert Michael Alfaro and Zuni opened with a song and drumming honoring women.

The walk began with Warden Wong and cancer survivor Jaimee Karroll leading a unity walk for the first lap. Then the walking groups became clear as people walked at different paces while engaging in casual conversation.

Midday, some walkers broke for a lunch consisting of turkey sandwiches and water. Most tables were encircled by people drawing posters in commemoration of breast cancer survivors and the meaning of the day.

Women who are either survivors of breast cancer or whose lives have been touched by knowing someone who had breast cancer gave inspirational speeches.

Saturday's walk ended at 2:00 p. m. and everyone returned to their homes or their cells to prepare for the next day of walking.

The second day of the walk went just as the first. Ceremonies ended with closing remarks from Bowman and the organizing committee.

Lamb stated that we all have important women in our lives who have for many of us been the one stabilizing force and that this was our opportunity to be faithful to those who have been so faithful to us.

Finally, the men presented a mock check to State Assemblywoman Nancy Skinner who, in her acceptance speech, recalled memories of her mother's fight with breast cancer.

Joining Faith, Survivor, Strength and Hope

## National Prison News Briefs

**SACRAMENTO** – Gov. Arnold Schwarzenegger has given the go-ahead on planning for a new Death Row at San Quentin State Prison. Legislator's have attempted to block the construction fearing that the state's plan to double-cell up to two-thirds of the inmates will not withstand a federal court challenge.

**ROME** – A Rome based human rights watch group announced that there were 5,727 executions worldwide in 2008. Hands Off Cain said the total was a decrease from the year before. China remained the world's top executioner, while executions in the U.S. were down.

**CHINO** – Gov. Arnold Schwarzenegger toured the California Institution For Men where more than 1300 inmates were involved in a riot. Schwarzenegger said the riot was a direct result of the massive overcrowding that plagues California prisons and clearly shows the need to reform sentencing laws.

**BURGIN, KY** – Rioting inmates severely damaged several buildings at a state prison. Eight staff members and eight inmates were injured and hundreds of other inmates had to be relocated to other prisons.

**NEW YORK CITY** – Plaxico Burress' lawyer says his client has hired a prison consultant to prepare him for life behind bars. Burress, 32, has agreed to a two-year prison term for criminal possession of a weapon after shooting himself in the thigh at a Manhattan nightclub.

**LOS ANGELES** – A 55-man crew made up of inmates from the CDCR and their supervisors narrowly escaped death when a fire they were fighting in the Los Angeles National Forest unexpectedly roared through their camp. Two members of the Los Angeles County Fire Dept. were killed in the incident when their truck rolled down a hillside.

**DENVER** – Officials plan to release 15 percent of Colorado's 23,000 prisoners early over the next two years. The move will save the state millions of dollars.

**HATTIESBURG, MISS**. – A private prison van carrying three guards and nine prisoners ran off an interstate and overturned, killing the driver. One guard and two prisoners were in critical condition.

**TOKYO** – Japan executes mentally ill prisoners, some of whom are driven insane by decades of solitary confinement. The prisoners are not told when their execution will be carried out until the morning of the execution.

# Counting Up the Costs Of the Big Inmate Shuffle

**By ARNULFO GARCIA and JUAN HAINES**
**Journalism Guild Writers**

The big shuffle of inmates within the California prison system over the past several weeks has led to a more "logical" housing of inmates but to all kinds of difficulties for many of San Quentin's prisoners themselves.

California classifies its inmates into four groups, ranging from Close A, which calls for the most supervision, on down to Close B, Medium A and Medium B, which requires the least. The changes at S.Q. have mainly been to acquire space in cellblocks for Close B prisoners from other facilities. That has meant moving out the Medium A inmates who have been living in those cells, often for many years.

### MOST WANT TO STAY

An outsider might think an inmate would welcome being moved from a S.Q. cell to a dormitory in a less restrictive prison. A few inmates do, but most do not.

S.Q. is known as the "program prison" among the state's 33 adult facilities. There's a lot going on to keep an inmate occupied, become educated and rehabilitated and perhaps qualify earlier for parole. No other California prison comes close to having the same number of programs. Among the programs are on-site college courses, not present at nearly any other state prison. Also, racial tensions at San Quentin are at a much lower level than at some other facilities, making it a good place for inmates not involved in those issues.

### PLUG-INS BANNED

Those are not the only reasons for the upset. In their S.Q. cell inmates can have a television, electric typewriter, radio, pot for heating water and plug-in razors and clippers. At the prisons to which some inmates are being transferred, those items are often prohibited. Only battery-operated appliances are allowed. Prisoners who recently bought plug-in items with the help of their families now find that the items can't be used at their new location.

Aggravating the situation is the fact that the prison system is under tremendous pressure from the financially strapped state government to cut costs. This has led to a push from Sacramento to get bodies on the transfer bus irrespective of any hardships that might be involved, hardships that notably include transfer away from the inmate's family, generally considered a positive influence.

# Going Green

## *Welcome to a Life in Sustainability*

By MICHAEL R. HARRIS
**Editor in Chief**
**and JULIANGLENN PADGETT**
**Journalism Guild Writer**

Every Friday morning in the education building 12 individuals gather with a leader in training inmates for careers in the fields of renewable and sustainable energy.

Topics like solar panel and wind generator installation, water power, aquaponics, perma-composting, high yield gardening and living off the grid are the norm at these gatherings. Welcome to the Green Life.

Angela Sevin, who holds a Master's Degree in experiential education, is the official sponsor of "The Green Life," and the former sponsor of "Keepin' it Real."

Sevin said, "The Green Life is a peer-educated, self help course with an intensive curriculum of topics that relate to subjects like anger management, substance abuse and father son relationships."

"These peer educated classes integrate pathways toward obtaining necessary skills and temperament to successfully perform in the new environmentally conscious America."

She went on to say, "Our program is combining efforts of various prison assistance groups to make S.Q. the first California prison, and the second in the country, to go green. It is a directive program to enable or empower these men to discover what it is they actually want to do."

Peer educator Michael Harris said, "Van Jones said when he was here, you guys are great entrepreneurs. He gave a shout to that. But he said you just chose the wrong product."

### PUBLIC SAFETY

Lawrence Blankenship, a Green Life peer educator housed in H-unit, emphasized, "It is a learner centered,performance based program for inmates who want to be an asset to public safety and not a liability. By having employable skills we become positive helpers in our communities and not destroyers." He pointed out that, "We're like community builders. This gives me the chance to encourage people to do the right thing. That's what I am happy about."

Sevin explained, "The idea was inspired by Van's talk with the men and this is now his mantra: '… if we care enough about our planet to recycle and to not throw away aluminum cans, we can also salvage and maintain the lives of humans. Giving second chances to our prison population equals no 'throw away people'".

Courtney Mazzola is a facilitator for The Green Life and a Marriage and Family Therapy Intern Psychologist. Mazzola said, "The Green life is a progressive movement answering Jones' call to help improve our planet by harnessing sun, wind, and water for renewable and sustainable power. We're using nature's most precious resources to lesson our carbon footprint. This is an opportunity to be involved in courses that will prepare these men inwardly by showing them how to be active participants in their own lives"

Mazzola added, "The men, at S.Q. will learn new green technology trades taught by professionals in their respective fields. Mazzola ended by saying, "This in turn helps our neighborhoods, and promotes public safety, upgrades the planet and eventually the entire universe."

### GIVING BACK

"To be in S.Q. is a unique opportunity to really look at life how we use to live it," said Cornelius Wigfall, another Green Life peer educator and an inmate at S.Q., "These kids are constantly coming in and out. They have no directions, no life skills, they have nothing. To be a part of giving them something, a chance they did not have is Karma to me, and that feels good.

Beth Waitkus the director of Insight Garden Project, better known as (IGP), is also an organizational consultant. When asked what motivated her to become involved in The Green Life, Waitkus said, "Inside Garden Project has been down in H-Unit for six years. It evolved from a very tiny little program way back in 2002. We started when Jeanne Woodford was the warden and our goal is to help rehabilitate men through the process of organic gardening." She commented further and said, "We believe that process helps us to reconnect to ourselves, our communities and our natural environment."

Said peer educator Samuel Hearnes, "I was drawn to this program because nobody out there taught me that there was a better way. Everyone that reached out to me said, 'Here's a gun. Go do this.' I came to prison when I was 19 and as I look back over my life I try to figure out what could I have done that would have made things better, what decisions could I have made as opposed to being a part of the problem itself? No one ever told me that if you go to school you can do this. In these courses you can build a plan here and map out your life for success."

Troy Williams said, "It's time for a change and The Green Life is the new revolution. I cannot think of any other movement that is peaceful and necessary to save the planet and all of mankind. I want to be a part of the driving force that wakes America up by stopping the violence in our neighborhoods, and keeping our youth from walking down the same destructive paths I did. The Green Life is a grass roots movement that has the potential to do all that, as well as provide economic outlets for urban communities."

Planning session for San Quentin's Growing Green Initiative

Joanne Connelly, the curriculum developer for The Green Life, said, "These courses are designed for the inner growth of each individual person. Our curriculum includes identifying negative mental triggers and how to overcome them, realistic and attainable goal charting and an assessment of life skills. In addition we will also focus on the emotional preparedness and core needs of the students. Connelly also revealed, "Our plan is to invite companies to S.Q. who want to train inmates for renewable energy jobs. Connelly finished by saying, "I have enjoyed the passion and individual initiative in this group of men."

Inmate Kevin Tindall said, "I destroyed my community. After one destroys, you want to rebuild your community. I didn't have anyone support me so I want to give of myself by helping others. With the skills taught here I can do that."

Sevin also revealed, "We need to collaborate to come up with a better plan not only for ourselves but for San Quentin, as well."

# Growing Important Connections

**By JONATHAN HARRINGTON**
**Contributing Writer**

The Insight Garden Program (IGP), which has an organic flower garden on the H-Unit yard, relies heavily on establishing outside community partnerships so we can support awareness for our program. For instance, we have established solid relationships with other like–minded service providers, the media, and made numerous presentations to academic institutions, gardening programs, community associations and employees..

We have developed these outside connections to gain support, understanding and raise awareness of our program and the inmates' predicament. Many of the aforementioned have also visited our program, become volunteers and financial supporters, as well as "Ambassadors" for our program and prison reform.

### MAKING CONNECTIONS

With community partnerships established between IGP, its class participants and the surrounding communities, those of us in the program have a chance to meet and interact with possible employers and connections with other job placement programs to lay the ground work for a network of post-release support. In developing that continuum of care, these connections help people and potential employers understand

Tower 9 looms over the garden at San Quentin

prisoners' challenges to employment after release, and strategies to move through these barriers so men can find work and become successful employees and community members.

IGP's staff is made up of a group of dedicated and committed volunteers. Beth Waitkus, the founder and director of IGP, designs the curriculum and manages the program and builds many of the community relationships inside and outside of the prison walls. Mark Stefanski, a high school biology teacher, provides the scientific framework for gardening, plant biology and ecological issues.

### START GIVING BACK

John Pateros, a process coach, teaches a self-transformation process with an emphasis on the "inner gardener" – helping people learn to heal themselves. Quin Ellis, a professional landscaper and gardener, teaches the basics of gardening and landscaping. And finally, Christi Vaughn provides her essential gardening and administrative skills to help Waitkus run the program.

We've also had the honor of welcoming some wonderful guests to our program, including internationally renowned system thinkers, ecologists and authors; perm culturists; landscape architects; directors and producers of environmental documentaries; reentry specialists and staff from local green jobs programs.

With all the community involvement and help from volunteers, IGP wants to start giving back. With a new vegetable garden in the works (see previous article), it will be possible to do just that. When inmates harvest and donate food, it will be given back to the community and non-profits most in need. It will also help us build a stronger sense of community in the prison, helping men gain the skills they need to reconnect to themselves, their communities and the natural world.

# San Quentin Honors the Heroes of 9/11

America changed irrevocably on September 11, 2001, when terrorism struck in New York, Washington D.C and Pennsylvania. Each year people around the country set aside time to remember those who died on that horrific day. We call it Patriot Day. New York/Washington, Sep 11, 2001.

Mourners in the U.S. gathered Friday to remember the nearly 3,000 people killed in the Sept. 11 terrorist attacks. President Obama has declared Sept. 11 as a National Day of Service and Remembrance.

In New York, Vice President Joe Biden and Mayor Michael Bloomberg gathered with families of the victims near the site of the attacks, now known as Ground Zero.

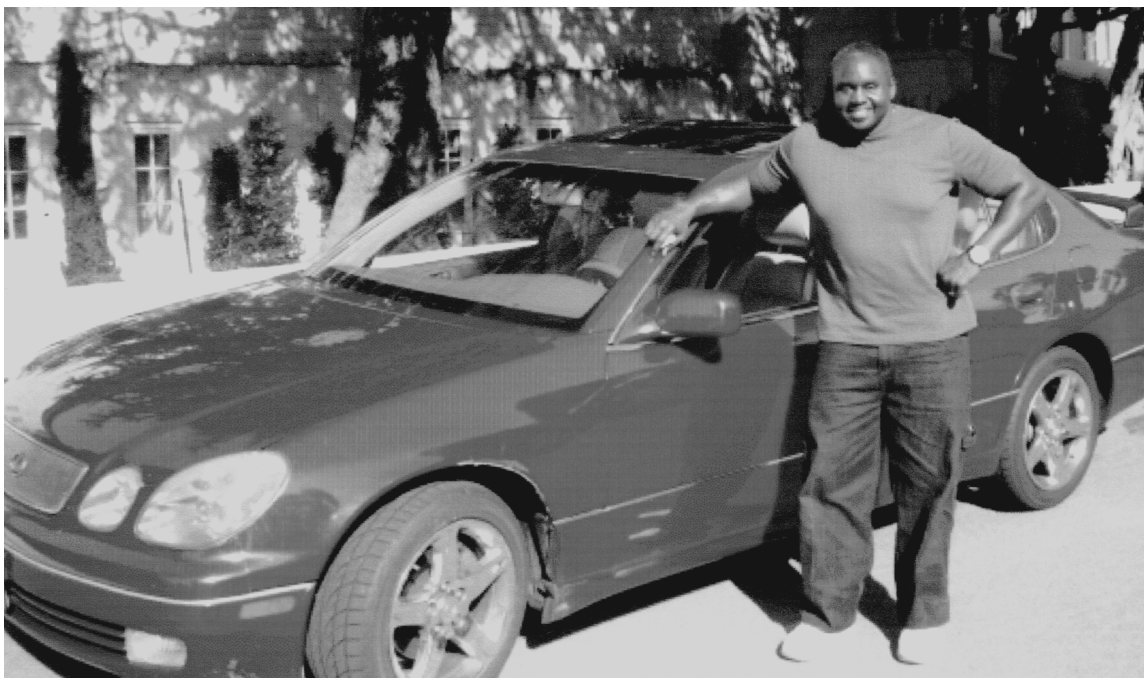
S.Q. Fire Department turns out to join the ceremony

CDCR officers honor the many who lost their lives

President Obama joined families of the victims for a memorial service at the Pentagon, which was also hit by another hijacked airliner on that fateful day.

Across America people gathered to mourn the lives lost that day. Including a ceremony at the gates of one of America's oldest prison's, San Quentin.

According to Public Information Officer Samuel Robinson, the ceremony at the prison was presided over by Chief Deputy Warden Vincent Cullen, with a number of the prison's staff in attendance. At one point in the ceremony "Taps" was played while a moment of silence was observed. Also attending the ceremony was S. Q.'s finest; a group of inmates who are trained to attend to emergency situations that occur throughout the prison.



Jesse Reed is ready to roll with a college degree from Patten University

## *Jesse Reed Says Goodbye After 24 Years*

**By RAPHAEL E. CALIX**
**Contributing Writer**

On a quiet Thursday morning of June 11, 2009, convict Jesse Reed stepped out of San Quentin and into a new life, freed on parole after 24 years in prison. In 1985 he was convicted of first-degree murder/robbery, and sentenced to 25-years-to-life.

He describes the California prison system at that time as like a smoking cauldron for gang violence.

**NO GUARANTEE**

Racial tension led to open riots and bloodshed in the cellblocks. Convicts were becoming more ruthless in the attempt to wield control over prison politics. There was no guarantee that every soul entering prison would walk out alive, or even like a man.

During the 1980s the corrections department had a "no warning shots" policy. A simple fistfight could become deadly as bullets fired from the guards would pierce the flesh, and for some convicts hot lead was not deterrence.

Early on Reed realized that the physical/material world had driven him into a life of crime and drug addiction and he called unto God for help. "I was the one who had turned away. After serving time at other prisons, I got down on my knees and asked God to intervene. He sent me to S.Q. and I made a promise to him that I would depart from evil and do good, and that I would seek peace and pursue it," just like the Psalmist David had lived (Psalms 34:14).

He earned a vocational certificate in computer software application and an Associate of Arts degree from Patten University at S.Q.. He entered the seminary and continues to pursue his goals for a higher education. During his last years at S.Q., the Board of Parole Hearings found him suitable for parole three times, and each time the governor rejected its decision.

Reed again turned to God and the courts. His prayers were answered when Judge Larry J. Goodman ordered his release over the governor's veto

It has been over four months since his release. His stability has not wavered in the face of an economic downturn in the Bay Area. Jobs are scarce and unemployment has affected his immediate goals.

"Nothing has frightened me out here," he said. "I cherish and appreciate each day. There are many things that I took advantage of while inside. The Incarcerated Men Putting Away Childish Things (IMPACT) program helped when it made me realize who I am. The 'image vs. reality' module helped me take off the mask. In the past, false pride prevented me from reaching out to others in the community. But today, through patience and the ability to let-go and let-God, I am now connected to my family and community."

**SING PRAISES**

On Aug. 16, he delivered a sermon at the Union Baptist Church in Vallejo. "I was humbled by the out-pouring of support. Everybody, including Pastor J.W. McCoy, made me feel loved and needed. I was able to sing praises to the Lord with all of my brothers and sisters on the outside!" Reed said.

Asked how the prison system can be improved, he said, "The CDCR lacks preparation programs for inmates re-entering society. A mandatory educational/ vocational program should be in effect for everyone. Re-entry education should be emphasized. No prisoner should leave prison unprepared. Treatment centers with residence status should be available. Behavior modification opportunities are essential. Simple things like a birth certificate and a Social Security card would help for a smooth transition into the community."

## J. T. Evans Heads Out the S.Q. Gate

**By JULIANGLENN PADGETT**
**Journalism Guild Writer**

"San Quentin is my second home and I'll miss it a lot," said Correctional Officer J.T. Evans as he spoke about his upcoming retirement. "I started working here Aug. 18, 1980. I was 21 years old and right out of college. I've done all of my 29 years here." Nicknamed "The Brick" because of his imposing stature, Evans is 6 feet, 4 inches tall and weighs 275 pounds.

He credited his father, a respected law enforcement officer, for guiding him. "My dad was a policeman. He wanted his sons on the police force or in the military," he explained.

"When I first walked in here it was tough because of the level of violence. There was hatred all around, of officers and of inmates. You had to be strong or you didn't make it," he said.

Asked about rehabilitative programs being cut due to the budget crisis, he said, "I've seen the positive end of it and by cutting those programs inmates revert back to who they were. It's going to be a big downfall for the California Department of Corrections and Rehabilitation (CDCR). The 'R' might as well be taken out if you're going to slice rehabilitation programs. Cuts affect the outcome of public safety in the long run and make higher recidivism rates."

**BAD PAROLE SYSTEM**

Does he see a federal takeover? "No, the state will rebound."

Asked what he would say to Gov. Schwarzenegger, he said, "I think that we have the worst parole system in the world. Either restructure it or get rid of it. Save California some major money."

As for the Board of Parole Hearings (BPH), Evans said, "I feel the one problem with the BPH is that they get shot down

Officer J. T. Evans

(by the governor). Why have a board when you don't trust their recommendations?"

Asked if he plans to be involved with S.Q. after retirement, he said, "Yes, I'd like to work here in some capacity, either part time or as a sponsor. S. Q. is my second family, I feel the administration here are all competent. We are the best prison in the state."

## H1N1 UPDATE

Prison health care workers are awaiting delivery of vaccine for the H1N1 flu strain. According to Public Health Nurse Allyson Tabor, the prison has asked for 7000 doses of the new vaccine, but officials in Sacramento originally calculated the prison's needs at 4,300 doses, leaving Tabor and other health care workers unsure of how much S.Q. will receive. The new supply will include both versions of the vaccine, inhaled as well as injectable.

The inhaled version of the H1N1 vaccine is a live, weakened form of the flu strain, says Tabor, and is licensed only for those aged 2-49 years. People with any sort of compromised or weakened immune system should not take the inhaled form of vaccine.

S.Q. held an initial round of regular seasonal flu vaccinations Oct. 2, but ran far short of the amount needed to serve the entire prison population. Tabor estimates that 22 percent of inmates at S.Q. who were seeking a flu shot were able to receive a seasonal flu vaccination. More of the seasonal flu strain vaccine will arrive with the H1N1 supply.

# Spencer Michels' Penetrating View of the Crisis in California's Prisons

**By DAVID MARSH and MICHAEL HARRIS**

Television news correspondent Spencer Michels recent trip to San Quentin prison was a return to places where he has gathered news in turbulent times past, and has come once again on a new mission to gather information for his latest assignment.

His assignment is to investigate three very complex issues such as the impending drastic cuts in California's prison programs, the potential early release of thousands of the state's inmates to the streets and the impact of federal medical Receiver Clark Kelso's on-going spending plan in California's prisons. Mix in three enlightening interviews with the likes of California Department of Corrections and Rehabilitation (CDCR) Secretary Matt Cate, federal Receiver Kelso and state Attorney General and would-be-governor-again Jerry Brown. Then carefully weave together highlights of his interviews with these very volatile topics in order to produce five or six minutes of hard-hitting and informative, fact-based TV reporting intended to capture the attention of a nationwide audience.

That is the challenge facing Michels following his recent trip through S.Q. on Wednesday, Aug. 12, in search of a story for his employer, Jim Lehrer of "The News Hour With Jim Lehrer." The *SQ News* was invited to tag along with Michels and his cameraman as they made their trek around the aging prison by the bay.

**SEARCH FOR NEWS**

Following Michels' search for the news on what was a very pleasant afternoon, we were promised a few moments with him in order that we might record for our readers Michels' perspectives on these important issues which are beginning to reshape the lives of every inmate behind the walls of California's 33 prisons.

But first we watched as Michels engaged inmate Ernest Morgan in a prearranged interview in the Garden Chapel area. What, Michels asked of Morgan, a San Francisco native currently serving a 15-years-to-life term, does the potential loss of most or all of the educational and vocational programming offered at the prison mean to SQ's inmate population?

Morgan, with the sharp perspective of a man who has spent the past 22 years of his life behind bars, shared some profound insights of an inmate population that would find itself severely handicapped in its critical efforts at rehabilitation. Michels listened attentively, voicing his surprise when Morgan noted, for instance, that Lifers have a recidivism rate of less than 1.0 percent.

Following the Morgan interview, Michels sat for a few moments to answer our own questions about his interviews with Cate, Kelso and Brown.

Spencer Michels has Emmy awards to his credit

"It is absurd," said Michels, "this level of overcrowding in California's prisons. And it is important to note that although Cate seemed to articulate some very good ideas for change, I have interviewed a few other CDCR heads in the past that also had some very great plans for change. But for whatever the reasons, change just hasn't come."

Regarding Receiver Kelso, Michels said, "I think the attention the receiver has put on this issue is astounding." Still, Michels pointed out from his many years of experience in the news business, the real problem is with a public which seems to have very little empathy with a person who has been convicted of breaking society's rules and is then placed out of sight behind bars to receive their punishment.

As for Jerry Brown, Michels expressed great admiration for a man of such advanced years who has survived for so long in politics. "But still," he pointed out, "he is still a politician. And in this state, he's not going to stand up and say that he is in favor of releasing inmates. So it's impossible to know where he really stands."

**LIVES IN MARIN**

Michels, a Princeton-educated San Francisco native who resides in Marin with his wife, acknowledges the mountain of work before him in preparing his segment for airing on a future edition of "The News Hour With Jim Lehrer."

"A lot of film will wind up on the floor in order to get what I need for my segment," said Michels with a smile. The difficult choices made in the editing process will play a large role in determining the eventual face of Michels' report when it airs.

Michels has 48 combined years in print and electronic media, taking his first job in 1961 as a reporter for the Palo Alto Times, and he remembers well coming to S.Q. in 1972 to cover the aborted escape and shooting of Black activist and author George Jackson.

He has held his position in the San Fransisco office of "The News Hour" since 1991 and has produced hundreds of five- to ten-minute segments for the show on issues including politics, health, science, the environment and art. He has won several Emmys for his work.

# *How R&R Works at San Quentin*

***Continued from Page 1***

most common illnesses observed is hypertension.

The nurses report they examine 70 to 85 prisoners per day, with 85 a mandated maximum set by Sacramento headquarters.

Younger prisoners were more likely to be disruptive; older prisoners are usually calmer.

Registered Nurse Mike Sokoloff said, "After the prisoner leaves the lab, where blood is drawn and packaged for further testing, and the LVNs have taken the prisoners' vital signs, they are sent to me, where I ask them a series of questions. I review their current medical status to determine appropriate treatment or appointments for further consideration by doctors. We don't necessarily perform major treatment at or in R&R. That is not our purpose; serious medical conditions are treated at the main hospital."

Besides processing prisoners in and out of S.Q., R&R is responsible for materials such as packages coming in and out of the prison. This responsibility falls upon Correctional Officers Plagman and Moore.

Plagman, a veteran correctional officer at S.Q., takes great care in the delivery of packages to the prisoners. He is well respected by all prisoners. Plagman said, "I look at everybody as a human being. I learned even before being a correctional officer that you have to give respect to get respect."

S.Q. R&R will be moved to the first floor of the newly built hospital when it is completed.

# SPORTS

## *Sports Trivia*

**By DARRELL HARTLEY**
**Staff Writer**

(1). What is the nickname of Dallas Cowboys Hall of Famer Michael Irvin?

Answer: The Playmaker.

(2). Who is the NFL's All-Time Sack Leader?

Answer: Former New York Giant Defensive End and Super Bowl champion Michael Strahan.

(3). Who is the St. Louis Cardinals all-time leader in stolen bases?

Answer: Vince Coleman.

(4). How many Super Bowls did Thomas "Hollywood" Henderson play in?

Answer: Three. One versus the Denver Broncos and the Pittsburgh Steelers twice.

(5). Where is Larry Bird's hometown?

Answer: French Lick, Indiana.

(6). What two college teammates were called the Pony Express?

Answer: Eric Dickerson and Craig James of Southern Methodist University.

(7). What is the nickname of former Seattle Sonics forward Shawn Kemp?

Answer: Rain Man.

Runners pass the gate to Prison Industries

# Thousand Mile Club Churns Laps

**By JONATHAN COPE**
**Journalism Guild Writer**

Abraham Yera Ortiz and Ronnie Goodman led the charge on a sunny summer day as the San Quentin Thousand Mile Club reeled off laps around the Lower Yard. The event was run without alarms or fanfare but the runners did have a gauntlet of sorts.

They had to make their way past and through practice for a basketball team and a field full of football players, plus the construction site with men at work.

The top performances by Ortiz and Goodman were 52 laps, or 13 miles, in 1:29:50 and 1:30:55, respectively. Following them, also with 13 miles, was Eddie Tate, 1:59:06.Finishing 10 miles were Bill Pillars, 1:31:35; Malcolm Jones, 1:44:11, and Ronnie Richardson, 2:06:06.

Completing five miles were Mike Villanueva, 37:08; Eddie Tate, 37:36; James Hall, 39:34: Jerome Black, 45:26; Noel Valdivia, 49:00, and Paul Cooksey, winner of the over-60 division in 55:08.The run was supported by Laura Bowman, Coach Frank Ruona, Community Volunteer Jill Friedman and SQ1MK Chairman Steve Pascascio. .

# An Explosion of Notes

## *Linda Rice, the Harp Lady*

**By JOHN EAGAN**
**San Quentin News Adviser**
**and JONATHAN COPE**
**Journalism Guild Writer**

To tens of thousands of prison inmates across the nation, she is "The Harp Lady," who charms and amazes audiences with her blue 47-string acoustic/electric harp and the heavenly music it echoes in concerts from San Quentin to Florida.

She is Linda Rice, whose musical specialty is weaving several songs into one amazing explosion of notes and tunes and rhythms.

"If you listen closely you will hear *Turkey In The Straw* on *Go, Tell It On The Mountain, Shortnin' Bread* on *Revive Us Again* and Ravel's *Bolero* running parallel to *Silent Night.* I enjoy taking familiar gospel hymns and giving them new rhythms and new life," Rice explains.

"I'm always experimenting with the harp. I love to weave things in the strings of my harp. I have various shoestrings, parachute cords, ribbons, piping, waxed paper, luncheon napkins and paint chips in my brief case. Audiences are always amazed at the different sounds these household items can make. A simple hair ribbon can imitate the sound of the lute stop on a harpsichord. I use it when I play, *Jesus, Joy Of Man's Desiring.* I especially like *Sweet Hour Of Prayer* (based on the chords of *Basin Street Blues), His Eye Is On The Sparrow,* and *Higher Ground."*

Linda Rice and her harp have traveled thousands of miles

### THE BLUE HARP

Other favorites include *Stairway to Heaven* by Led Zeppelin with *Jacob's Ladder,* and Jimi Hendrix's *Purple Haze* with *Wayfaring Stranger.* Sometimes she even weaves four or five tunes into one selection.

She weaves her Christian testimony into her performances, which have covered 25 states, sprinkling her talk with humor. As for her attire, "I always try to look inconspicuous by wearing a blue sequined jacket to match my blue harp."

This year she performed in 70 prisons in nine states: California, Alabama, Arizona, Arkansas, Colorado, Florida, Louisiana, Mississippi and Texas. She appeared at two S. Q. concerts on June 28.

She has also performed in churches and state prisons in Georgia, Indiana, Illinois, Maryland, Massachusetts, Michigan, New Mexico, North Carolina, Oklahoma, Oregon, Pennsylvania, Missouri, Kansas, Tennessee, Virginia, Washington, D.C. and Washington state.

*'The Harp Ministry is a calling'*

Concerts have also been performed in federal penitentiaries in Florence, Colo., Leavenworth, Kan., Terre Haute, Ind., Coleman, Fla, Pollock, La., Tucson, Ariz., and Atwater, Calif.

She also provided harp music for a White House Christmas open house in 2007 and piano music for another Yule event in the White House last December.

Accompanying Linda on her travels is her husband of 42 years, Willis, a retired Air Force pilot who sets up the sound system."This harp ministry is a 'calling' on our lives," she explained. "After Willis retired from the Air Force, we both felt that God was calling us into a full-time harp ministry. That was 1992. We still have our motto 'You call, we haul.' We travel everywhere in a big van, and play 70 concerts a year in prisons."

The van has logged 346,000 miles around the country.

### GIVING TESTIMONY

Willis gives his testimony at the end of each concert. He then invites anyone who wants to become a Christian to raise a hand. Hundreds of inmates have done just that. The Rices do not receive any money from any state or federal prison. Referring to an appearance at Forest Park United Methodist Church, Panama City, Florida, Dr. John Friedman wrote, "She plays with her hands, but what you really hear is her heart."

# What Is Ramadan About?

**By JEREMIAH "HASSAN" BRENNEN**
**Contributing Writer**

Ramadan is the ninth month on the Islamic lunar calendar. Muslims observe fasting in this month all over the world. In fact, it is incumbent upon all adult Muslims, and children that have reached puberty, with exceptions for the sick, pregnant and the traveler. Ramadan is considered the month of mercy, and fasting gives Believers a chance to tame their base desires.

There are various and/or different levels of abstinence in the Islamic fast. First, one must refrain from eating and drinking from daybreak to dusk. During the same period you should not reach an extreme state of anger, have sexual intercourse, smoke, etc.

Ramadan also offers a believer the opportunity to look at their "true selves". In explanation, it is believed by Muslims that during the month of Ramadan, the accursed devil (Satan) is literally chained up by Allah Almighty (SWT) for the duration of the month. Therefore, with the lack of satanic influence, a believer is able to identify which faults of his are "truly his," and can not be blamed on Satan.

The following words are accounts from two new Muslims about their experiences of fasting for the first time.

Brother Aswad and Brother Latif both say that they were able to focus on what Allah (SWT) and his messenger Muhammad (PBUH) say about these things such as being steadfast in prayer and constantly doing deeds of righteousness.

They said that Ramadan gave them the needed discipline to strengthen their weak points, and made them much stronger at fighting the struggle within themselves. They anxiously wait and look forward to the next Ramadan!

# Religion

## *Explaining the Path and the Goal of Church Discipline*

**By DARRELL C. HARTLEY**
**Staff Writer**

In the confines of any organization, discipline is a mechanism of correction that should ultimately lead to restoration of the offender. This holds true in the church in situations of unintentional error and/or private sin. In this San Quentin News feature, Garden Chapel Christian Fellowship Protestant Chaplain and Senior Pastor Dr. Morris A. Curry Jr. provides scriptural and spiritual insight regarding church discipline.

**Pastor Curry, what is the goal of church discipline?**

Based upon Matthew 18:15-17, (dealing with a sinning brother or sister) the goal of church discipline is to protect the church from being permeated with sin and false doctrine. Correct erring church members. Restore an erring member.

**What initial steps does the church take to correct the offense of the member?**

- Go to the person and show them their fault in private.
- Should the person not listen, return with one or two witnesses.
- Should the person refuse to listen, bring the matter before the church.

**Would this be a process of gentle restoration for the member?**

Indeed. The discipline must be handled carefully, straightforwardly and lovingly. The correction should never be vengeful, instead it should be given to bring about a cure. Discipline is in hope that the experience would bring the person to God, to destroy their vice through repentance.

**Is there a moral code in regards to church discipline of the member?**

Yes. The church has the responsibility to maintain standards of morality that are found in God's commandments. Transgressions cann ot be tolerated in the church because it affects others as well as the responsibility to encourage, pray for and build up each member

**What occurs to the member should they not adhere to the initial steps of restoration?**

Should the offender not adhere to the initial steps, the final steps are:

- Remove the one in error from fellowship. The church gives united disapproval, but forgiveness and comfort are in order should the offender choose to repent.
- Do not associate with the disobedient person: and if you must, speak to them as one who needs a warning.
- After two warnings, reject the person from fellowship.

Again, the purpose of church discipline is to lead the person to repentance, not being too lenient and not correcting the mistakes, or being too harsh.

**Is the common theme to make the member aware that the church loves them?**

Absolutely. The church demonstrates its love by honestly sharing their concerns in order to assist the offender and to do their very best for God. Sometimes people make choices that we know are wrong. Should we ignore their behavior and allow them to continue in it, we are demonstrating that we don't love them. When we don't assist, we demonstrate that we are more concerned about being well liked than about what will happen to them. There is a time to confront and a time to comfort. Restoring the person to fellowship is the goal of church discipline.

# Taking the First Step to Recovery

After countless attempts to prove otherwise, many experts say alcoholism and drug addiction are incurable, progressive and potentially fatal.

Alcoholics and drug addicts should not disregard their diseases. Neither should they feel disgrace or shame.

Medical science does not explain their cause but medical experts point out that each can lead to grim, unwanted and dangerous problems. However, there is hope.

The first step in recovery is admit there is a problem you need to fix, followed by the ability to have a sense of worth, keep an open mind, change thinking habits and past routines, remain free from alcohol and drugs and practice the teachings of Alcoholics Anonymous and Narcotics Anonymous: the 12 Steps, Serenity Prayer and Promises.

This proverb speaks volumes in regards to the realization of where one has been, where one is and where one longs to be:

"I, wisdom, dwell with prudence. And I find knowledge and discretion". (NAS: Proverbs 8:12)

Choose to remain well. Follow the guidelines to treatment, continue living and remain serious about it!

With greater emphasis being placed on recovery, pharmacology, diagnostic measures, proficiency in multidisciplinary treatment planning and healthcare delivery, these diseases have been isolated and arrested in their development so that the vast numbers of those that have been afflicted can live a manageable and productive life.

# Kicking the Habit

## *Addiction Recovery Finally Gains a Foothold at S.Q.*

**By ARNULFO GARCIA and JUAN HAINES**
**Journalism Guild Writers**

After witnessing a steady increase in drug-addicted men being committed to prison, two San Quentin inmates set a goal: create a certified drug treatment counselor-training program and cultivate peer counselors.

Launching new prison programs always has bureaucratic hurdles but Rusty Trunzo and Dennis Pratt succeeded in overcoming those challenges with the help of Christian Institute.

With support from Sam Lawrence of Christian Institute, Addiction Recovery Counseling (ARC) began at S.Q.

Chaplain Earl Smith assisted by approving use of the Protestant Chapel every Friday.

Sponsor Kelvis Love began the first session in 2005, using seven instructional modules created by Christian Institute.

Immediately, the program was jeopardized when hurricane Katrina forced Love to go to New Orleans to help his family.

Claire Elizabeth DeSophia agreed to become Program Director and brought Sara Wilds of the STAND UP Program as a sponsor.

After completion of the first module, the program was again in jeopardy with no qualified person available to continue the students' educational endeavor.

ARC found a fully certified California Association of Alcohol and Drug Abuse Counselor (CAADAC) member, who is an H-Unit inmate, to continue teaching the class within the prison population. This example gave the men seeking to become CAADAC certified themselves a boost of confidence, after seeing a fellow prisoner actually doing what they aspired to do.

Rick Baez (center) and the crew of the ARC Program

Richard Baez, the current Program Director of ARC says, "That the theory and reality of this program was that it would make more sense to have prisoners run the ARC program. Prisoners have more insight on how to deal with other prisoners, and they can better relate the reality of their particular situation."

Other drug treatment programs inside and outside of prison have caught wind of ARC and have donated time, energy and resources to the success of the program.

Laura E. Bowman, Community Partnership Manager, for the last five years, is instrumental in connecting ARC with volunteers in the local community. She credits former S.Q. Warden Robert Ayers for allowing ARC' existence.

"Warden Ayers is wise beyond his years for listening to the men who introduced this program that changed the lives of a lot of men."

Trunzo has since been paroled.

# The Strong, Clear Voice of the Federal Court

**By JULIANGLENN PADGETT**
**Journalism Guild Writer**

**OPINION**

The three-judge panel has thrown down a bold ruling in the Plata/Coleman v. Schwarzenegger battle. The legal triumvirate consists of United States District Judges Lawrence Karlton, Thelton Henderson and Ninth Circuit Judge Stephen Reinhardt.

Their ruling mandates that the California Department of Corrections and Rehabilitation (CDCR) must comply with the minimal constitutional required standards for the mental and physical health care of every inmate housed in prison. The judges also ordered CDCR to lighten its load by reducing the body count by approximately 40,000, to a percentile capacity of 136.0 to 137.5 percent. Judges Henderson, Reinhardt, and Karlton ultimately found prison overcrowding to be CDCR's primary cause for their severe and continuous medical violations.

### EXPERT OPINIONS

Former San Quentin Warden Jeanne Woodford, who worked for S.Q. for 27 years and as acting Secretary of CDCR, was among the panel of experts who testified that she "absolutely believes that the primary cause [of medical problems] is overcrowding." Woodford further stated, "I think it's unbelievable that in this state we have the kind of overcrowded conditions that we have; that we do little or nothing to prepare people for the return to society."

Joseph Lehman, who has 35 years of corrections experience with 15 combined years as head of corrections in Pennsylvania, Washington, and Maine said in his August 15, 2008 report that, "crowding" 'is the primary cause' of the inability to provide medical and mental health services. "It's overwhelming the system both in terms of sheer numbers, in terms of the space available, in terms of providing health care."

On January 23, 2008 the court appointed J. Kelso as the Plata/Coleman Receiver. Kelso reviewed inmate deaths to determine whether they were preventable. In 2007, of the 110 deaths not the result of homicide or self-inflicted injuries, 44 deaths (40 percent) were found to be preventable or potentially preventable.

Doctor Robert Shansky stated in his report that, " CDCR's medical care delivery system cannot provide a constitutional level of care because the prison system incarcerates more prisoners than can be adequately treated."

Doctor Craig Haney followed in his report by saying, "This overwhelming overcrowding problem has incapacitated the system's ability to deliver constitutionally adequate health care."

Doctor Pablo Stewart, a licensed psychiatrist with over 22 years of experience in correctional psychiatry, testified on the nature of constitutional violations. He cited "inadequate suicide monitoring and prevention, inability to timely access appropriate levels of care, inability to access mental health care clinicians due to shortage, and inadequate medication management practices."

### CRITICAL MASS

Prison overcrowding pushes wardens to choose which emergency situation takes place over the others such as the recent riot in a Kentucky prison and at Chino's Medium A prison yard here in California. Events such as these make health care less of a priority. Added to the fact that double and tripled bunk beds automatically produce less and less space.

This forces prison officials to go outside the norms and use empty spaces, hallways, and gymnasiums. Structures not designed to be used by humans as "living pens." Such usage is not approved under California building and safety codes. These makeshift housing zones quickly become cramped, unsanitary and toxic and the continuous understaffing potentially makes these living quarters volatile for the inmate.

This modality of prison "unhealth care" ultimately effects those housed there as well as prison staff. These correctional officers leave their shifts possibly carrying staph infections such as influenza, tuberculosis and viruses like "H1N1", home to their own families and friends.

### THE COURT'S DECISION

In making their ruling the judges weighed many different measures to stop the problem but found them lacking. They did not accept the defense's theory that the population reduction order might have a negative effect on public safety.

Also, various plans endorsed by the Governor were looked at which would subtract numbers from the prison population without playing Russian roulette with public safety. Measures studied included sentencing reform, good behavior credits, an increase in prison rehabilitation programs, and diversion of low risk offenders and technical parole violators.

Continuing on in this vein, the defendants argued that; resources in the community would not be able to handle the influx of released prisoners.

The court rejected this argument. The panel calculated this based on expert opinions, that releasing inmates would not have a major effect on the population of local jail facilities.

In addition, the judges said that supervision of parolees would not be affected because many of the ordeals related to parole arise from improper channeling of funds. This was pointed out especially concerning low-risk parolees and technical violations.

Judges Henderson, Reinhardt and Karlton also rejected the idea that resources for rehabilitation and reentry would be taxed by prison population reduction. The tribunal reasoned that a financial windfall of savings from reducing prison overcrowding could be used in a positive manner.

They suggested creating more needed programs geared toward public safety, such as more rehabilitation and reentry programs. The panel found no evidence connecting early releases with a rise in crime statistics. Evidence put forth to the court by experts noted that several other states have adopted "prison overcrowding reduction measures without harming public safety."

The judges also denied the defendants' request to exclude mentally-ill inmates from the release order. However they did agree that some could do better being cared for and treated inside prison. They found that most health care treatments would cost less and produce more effective results outside of prison.

After the decision was rendered the California Department of Corrections and Rehabilitation stated its intent to appeal to the United States Supreme Court. The battle could take months and even years to resolve.

In reviewing the court's decision, as a team each justice used a plethora of evidenced based expert information. And wielded focused judicial precision by sticking to and supporting every legal standard of the Prison Litigation Reform Act. Although, the most intensive opposition was the timing of events around the ruling.

The Federal court decision came days after Governor Schwarzenegger unveiled his own reduction strategy involving 23, 000 inmates.

But the court used the defendants' own experts and plans to pump up their decision. The court decreed that prison overcrowding has become a catastrophic sickness with only one undeniable remedy, reduction of the population.

It is apparent; the inmate explosion is a financial negative in every section of CDCR. It has been most harshly felt by California's prisoners, who have for 14 years received unconstitutional physical and mental health care.

## CORRECTION

In the June/July issue, in the article on Prison Sentencing Reform, Kenneth Packnett's name was misspelled. *The San Quentin News* regrets the error.

## Prison Notes

Recent extended lockdowns have caused disruptions in the publication dates of the San Quentin News. The Staff of the newspaper wishes to apologize for any inconvenience to our readers. We hope to resume normal monthly publication.

# Poetry

**Submitted by Arnulfo Garcia**
**Journalism Guild Writer**

## *The Captive's Past*

**By Pastor R. D. Frazier**

Stifled cries of yesterdays pain
Are haunting memories of a runaway train
The moans and groans of a troubled past
Are like a ship that's been torn rattled and thrashed
The only resemblance of what once was
Are scattered pieces of a broken mast
The chains and shackles of the captives past
The flower fades and the grass is gone
The hills are barren and there is no song
Endless people are among the throne
With no direction or even a song
The past is master of an evil demise
For the lost sails captive hoping for reprise
Memories and pain fused with sin and stain
Have become black as night and blind our ways
There seems no hope from shackles and chains
From this captives past of a life of continual pains
How can I wash away the blackness of sin and blight
To set free this captive shackled by night
Which is framed within the hope of
His washing power
Made available this very hour
The prisoners of memories pain replete
Can only be loosed at Jesus feet
The power to take away the sting of
the captive's memories past
Lies in a hope of a die that was cast
Deep within the belly of hell
Came a defeat that eternity would tell
That the captives past of memories hell
Could no longer confine them within its shell
Christ is the answer for you today
If you would only kneel and pray
To be free from the captives memory past
Is to believe that He is able to wash
the pain and memory of the captives past

### I Write For My Children
### By Watani

I write for my children
In words only hearts can fathom.
I write for my children
Pen-drenched in love storms
And magical poems;
Each alphabet a teardrop,
Every page a river
I write for my children;
No longer can I see their glow—
A soft and tender sadness
Illuminates their souls.
I write for my children
To invoke their spirits,
Faint breaths upon my face
As sprinkles of giggles
Tickle my lobe.
I write for my children
To rescue my drowning faith
In a pool of regrets.
I write for my children
In a language that dances
On lyrical islands
And miracle streams.
I write for my children
Because writing is a blanket
I weave around their hearts.

I write for my children…

# Recent Deaths On the 'Row'

**Michael Dee Mattison, 55**, received on death row from Los Angeles County on April 14, 1980, died of natural causes at an outside hospital facility on July 17, 2009.

**Fred Harlan Freeman, 69**, received on death row from Alameda County on October 7, 1987, died of natural causes at a community hospital on July 25, 2009.

**Miguel Angel Martinez, 39**, received on death row from Los Angeles County on December 28, 1998, died of natural causes at a community hospital on July 26, 2009.

**David Arisman, 61**, received on death row from Los Angeles County on January 27, 1999, died of natural causes at the California Medical Facility Hospice Unit on September 5, 2009.

# Snippets

The Twin towers of New York City measured 208 feet by 208 feet on each floor and had its own zip code. Each tower had 110 stories and was measured just 300 feet shy of taking up an entire acre of land/

Rat fink is a derogatory name that dates back to 1964.

Arctic terns are birds that migrate 25,000 miles round trip and see more daylight due to their flight patterns, than any other creature on Earth.

Nip & Tuck did not always mean plastic surgery. In the United States during the nineteenth century, it actually meant that you'd run neck and neck in a close race

.

Shrew is not truly the name of a difficult female, but actually derives from a creature that must hunt constantly or it will feed on itself after going only a few hours without food.

Five O'clock shadow was first used in an add campaign for Gem razor blades in the 1930's. Though the product may no longer be available, Five O'clock shadow is still a household term.

English Muffins are not from England as the commercials describe. In truth it is an Americanism created to sell the product.

Retina, did you know that the retina actually consists of cells split into two categories, cones and rods? You have up to 120 million rods in each retina, which are used for perceiving light and dark, and about 75 million cones that discern color. Rods are extremely sensitive to any light, even a single photon, which would be the equivalent to seeing a candle's light one mile away

Scorpions have a transparent film, (referred to as the Hyaline layer,) in their exoskeleton that glows when placed under a black light! Even the Hyaline layer of a hundred million year old fossilized scorpion still glows when exposed to ultraviolet (black) light!

### *Last Month's Sudoku Solutions*

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 2 | 7 | 4 | 5 | 3 | 6 | 1 | 9 |
| 5 | 9 | 1 | 8 | 6 | 2 | 7 | 3 | 4 |
| 6 | 4 | 3 | 9 | 1 | 7 | 5 | 2 | 8 |
| 7 | 8 | 4 | 3 | 2 | 1 | 9 | 5 | 6 |
| 9 | 3 | 2 | 6 | 4 | 5 | 8 | 7 | 1 |
| 1 | 6 | 5 | 7 | 8 | 9 | 3 | 4 | 2 |
| 2 | 7 | 9 | 1 | 3 | 6 | 4 | 8 | 5 |
| 3 | 5 | 8 | 2 | 9 | 4 | 1 | 6 | 7 |
| 4 | 1 | 6 | 5 | 7 | 8 | 2 | 9 | 3 |

# *S.Q. Variety Book Club*

## Book Reviews

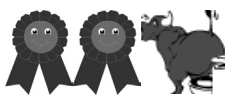
***By RANDY MALUENDA***

***TUESDAYS WITH MORRIE (By Mitch Albom): A journalist learns life lessons on regular visits to his dying mentor.***

***FREAKONOMICS (by Stephen Levitt): Economic science applied to interpret modern day trends.***

***FARENHEIT 451 (by Ray Bradbury): A futuristic society where a fireman's job is to destroy printed material (books)!***

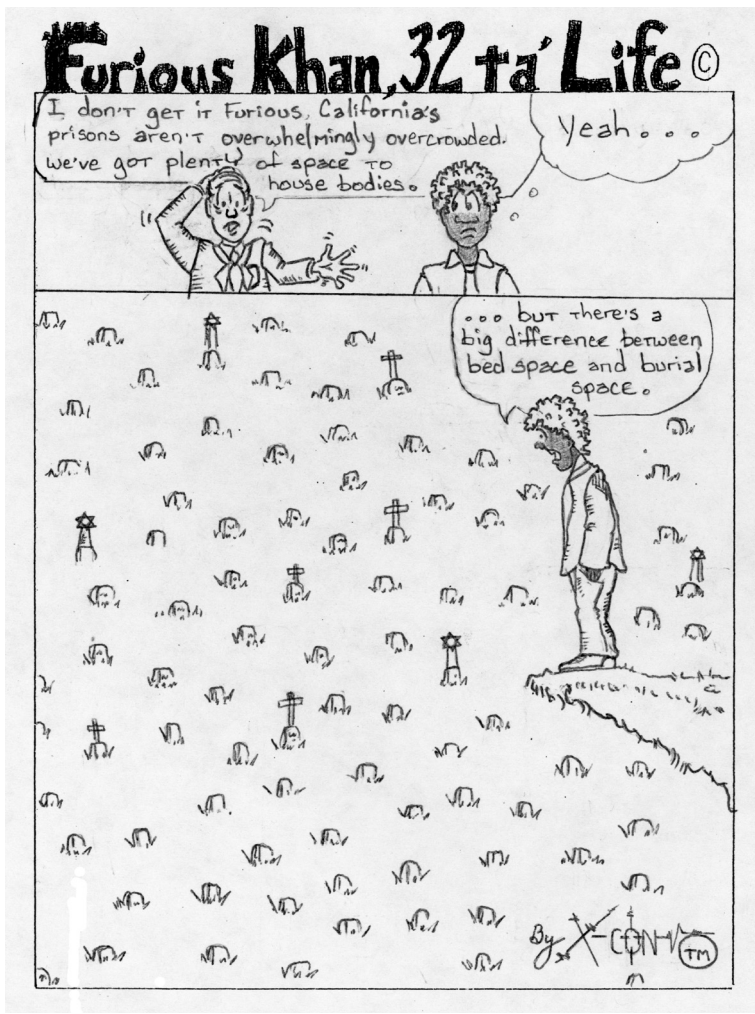
***WORLD WITHOUT END (by Ken Follett): Sequel to PILLARS OF THE EARTH.***



***I AM LEGEND (by Richard Matheson): Post apocalyptic action adventure.***

***RATINGS:***
***Top responses are four ribbons progressing downward to one:***

***Responses which are two ribbons or less are not recommended reading:***


Furious Khan, 32 ta' Life ©
I don't get it Furious, California's prisons aren't overwhelmingly overcrowded. we've got plenty of space to house bodies.
Yeah. . . .
. . . but there's a big difference between bed space and burial space.
By X-CONN TM

# Sudoku

**By GEORGE LOWE**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | 5 | 7 | | | | 4 |
| | 6 | | 4 | | | | 9 | |
| | | | | | 3 | | | 7 |
| | | 3 | | | 4 | | | |
| 2 | 5 | 4 | | 9 | | 3 | 6 | 8 |
| | | | 8 | | | 5 | | |
| 8 | | | 6 | | | | | |
| | 3 | | | | 8 | | 1 | |
| 7 | | | | 1 | 5 | | 8 | |

# *'So Tell Me, What's So Bad About San Quentin?'*

## New Arrival Says Many State Prisons Are a Whole Lot Worse

**By COLE BIENEK**
**Journalism Guild Writer**

Having just arrived at San Quentin on July 29, 2009, some would say that I have not *really* experienced the 'Q' at all, that the grin permanently etched upon my face is nothing more than honeymoon glow. I would argue the opposite.

My first morning on the yard was a definite shock—sensory overload. There was simply too much to do, and everyone was doing. Everyone had a plan, it seemed. Men wore hats declaring their memberships in various groups and clubs. A man practiced Yoga and T'ai Chi, his slow, deliberate movements giving a surreal quality by the early morning S.Q. fog. A mixed group of prisoners played tennis on the immaculate court, the sound of which played havoc on my childhood memories. A bulletin board in North Block listed all the programs I could join—the television even ran a scrolling channel proclaiming more activities.

As I walked the track that first morning, I smelled the salt of the ocean, saw palm trees blowing in the breeze; a man playing a *trumpet*—its crisp notes ringing clear and true.

A scoreboard in right-center field proclaimed the area as, "San Quentin's Field of Dreams." A *baseball field in prison?* Where was I? What was this place that had everything?

Well, not everything. Something was definitely missing—a few *somethings* in fact. Where are the guns, the oppressive regulations, and the lockdowns? The overwhelming atmosphere of heavy, disconsolate dread that I'd lived under for the past 22 years--factions of opposing prisoners, engaged in a perpetual standoff under watchful hawk-eyed gunners. They had vanished, like the bayside fog beneath the late morning sun. None of the several hundred men on the yard that morning seemed the slightest bit concerned with me or what I was about, at least not in a negative fashion. Within a half hour, I had a tennis racquet in my hand, laughing my way to a sore belly with a cosmopolitan group of prisoners—stone walls disappeared, we could have been at any number of community tennis clubs.

By the evening of my fifth day in S.Q. I was signed up for the upcoming Patten University semester, enrolled in Non-Violent Communication, signed up for two Arts in Corrections classes, and joined the Pirates Baseball Team. Everywhere there was a current of moving forward—of dedication to a higher set of ideals—of prisoners taking charge of their own lives, dropping age-old habits steeped in nonsensical prison mentality. S.Q. has that elusive factor in successful rehabilitation: the *Therapeutic Environment*.

So, yes, I do walk around with a smile on my face all the time—even when it seems as though we are being harassed, I consider the alternative; I could be back in the war zones. Perhaps it is being new here which makes it all seem so profoundly innovative, and worth the little hassles. Or, maybe it's just that I retain a degree of perspective that tends to be lost after the years. Whatever the case, there exists here something which is special and unique, and worthy of our genuine participation in all it has to offer. After all, the rest of the system is waiting, poised to lock us up in one of the non-programming warehouses, content to allow us to feed on the miseries of one another until, at last, we die without ever having realized hope.

The prison's setting on San Francisco Bay isn't exactly the worst in the world

**OPINION**

## The Shocking High Cost of the State's Prison System

**By R.F. GILLIAM**
**Contributing Writer**

On November 4, 1995, Leandro Andrade stole five videotapes worth $84.70 from a Kmart store in Ontario, California. For that and past crimes of burglary, transporting marijuana and petty thefts he was given a 50 years-to-life sentence.

There are approximately 167,000 men and women incarcerated in California's prisons. Each year it costs $49,000 dollars to house, feed and care for each of them. According to Charles B. Reed, Chancellor of the California State University system, in an article published July 27, 2009 in the *San Francisco Chronicle,* Reed states that the costs to taxpayers for one year of tuition for each year of tuition for each CSU student is $4,600. "Therefore we could send 10 students to college for a year for what we pay to house one prisoner. Of course our children have to get there first, and with the massive cuts to K-12 education our legislators have undertaken it doesn't look like we'll be sending as many students to college anyway.

### THREE STRIKES LAW

Let's look at more numbers. From 1994 to October 2005 California incarcerated more than 87,500 individuals under the second and third strike provisions of the Three Strikes Law. A total of 7,500 of those received 25 years-to-life sentences, according to Professor Elsa Chen of Santa Clara University. First, let's focus on the 80,000 prisoners sentenced under the second strike provision, those getting out in the relatively near future. At the current cost of $49,000 per inmate per year. It costs taxpayers $3,920,000 every year these men and women are locked up.

Compare this to the costs of K-12 education. The National Center for Education reports that we spend $9,391 dollars per year for primary and secondary education. Round this up to $10,000 dollars, which translates to approximately $130,000 to give each child a high school diploma. So, the amount we Californians spend to keep all second-strikers in prison each year is equivalent to the amount of money we would spend to give 301,538 students a high school education. I think politicians' priorities are in the wrong place.

### EDUCATION DOLLARS

Now let's look at the cost of imprisoning third-strikers, many of whom are serving 25 year sentences for crimes like petty theft, forgery and burglaries resulting (like Andrade above) in monetary losses to the victim of less than $1,000. It will cost $9,187,500,000 to imprison this population for the length of their sentences. That's a lot of possible educational dollars our children are being deprived of. It should be evident what a colossal waste of taxpayer monies that corrections has become. We are strangling our future to punish people. There's got to be a better way.

In a bulletin entitled "Common Sense Corrections Reform Can Allow California to Avoid Early Release" by California Department of Corrections and Rehabilitation (CDCR) Secretary Matthew L. Cate, he outlines his plan to cut $1.2 billion from the corrections budget. I was stunned by this statement: "The administration has developed a proposal in coordination with local law enforcement that is smart on crime." If that were true they wouldn't resort to scare tactics every time the spectre of prisoner releases comes up.

The CDCR ideology is guided by the desires of the guard's union, the California Correctional Peace Officers Association. The union wants to keep as many people as possible locked up to ensure job security for its members. That's smart on crime from the union's point of view, but it is costing your children their education.

I don't suggest just releasing vast numbers of inmates. What I am suggesting is that we must overhaul our current sentences and educate and rehabilitate those getting out so they're less likely to come right back.

The CDCR is mandated to do just that and has been for years. But in the same bulletin the Secretary of CDCR admits that only 1,600 inmates out of 167,000 have earned a GED and completed vocational training that will enable them to rejoin society once again as productive members. By any standard that's a dismal failure.

### GREAT OBSTACLES

We have to get smart on crime from the public's point of view. To do this we have to change the way we administer corrections, change from a model that propounds retribution to one that supports education and rehabilitation. The two greatest obstacles facing newly released ex-felons are finding employment and housing. Without a job no one can afford housing, yet the average California parolee has a seventh grade education. There is little expectation that anyone will secure meaningful employment without a high school education at the minimum.

We don't need more guards or prisons. We can't afford them, for one thing. What we need are more teachers and classrooms and we need to make certain everybody we incarcerate is compelled to get a basic education. Many changes would have to take place in order to implement such a plan: sentencing laws changed to give incentives and time reductions to prisoners who successfully complete educational and vocational programs, (saving taxpayer money while bolstering public safety).

Parole must become a support and aftercare mechanism to assist parolees in obtaining jobs and housing instead of being a means for keeping prison beds full. This is not being Soft on Crime. This is being Smart on Crime, because a parolee with a job is paying taxes, not wasting yours. And, in the illuminating light of reason, wouldn't we all feel safer knowing that parolees' will come out of prison with the education, skills and support he or she needs to find a job and a place to live. That way they won't be as likely to break into yours.

# Back in the Day

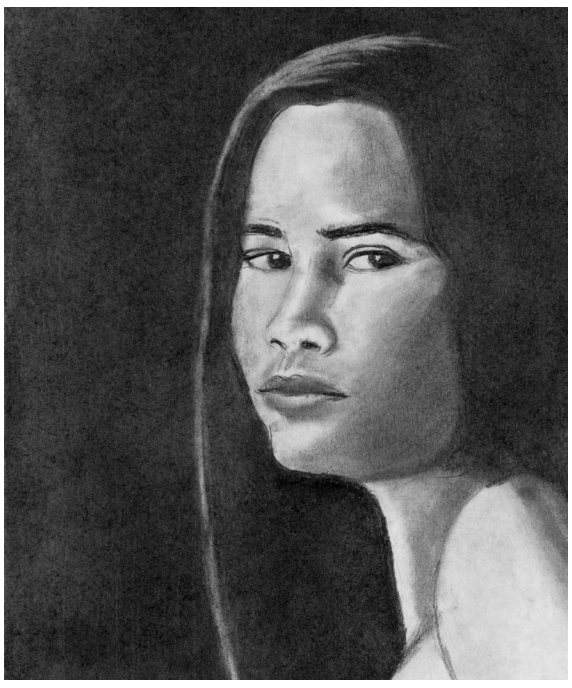
## Old Issues of the *San Quentin News*

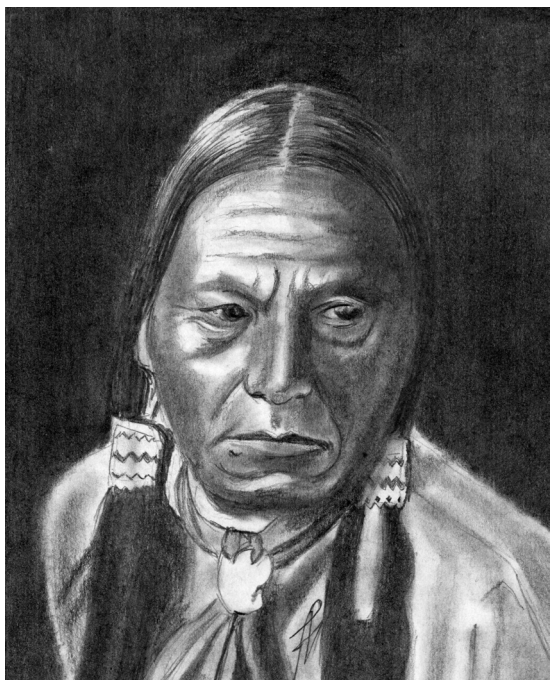
**November 23, 1979** – After a four-month suspension for "slanting the news," the *SQ News* was officially back in business. On Aug. 31, Michael Satris of the Prison Law Office filed a Petition for Writ of Habeas Corpus in the Marin County Superior Court on behalf of the San Quentin News reporters. Subsequent negotiations with prison officials allowed the newspaper to continue publication.

**June 13, 1980** – A U.S. District Court judge ruled that "brutality, overcrowding, idleness, poor physical facilities" and last summer's long lockdown at the Washington state penitentiary at Walla Walla constitute cruel and unusual punishment. "There is just no question," that overcrowding constitutes such punishment, he said.

**August 29, 1980** – Five shots were fired by the gunrail officer in East Block in order to break up an assault on a correctional officer. The incident was sparked when a cell search turned up illegal tools and a tattoo gun. The two inmates in the cell attacked the officer.

# ARTS & ENTERTAINMENT





The art work above was submitted by San Quentin inmate Richard Sanchez.
Above Left: a Polynesian woman from the Rapa Islands in the South Pacific
Above Right: Spotted Horse, a chief of the Pawnee tribe of the Great Plains

# As I See It

**By DAVID MARSH**
**News Editor**

I am a reporter for the *SQ News*. Have been for a year or more now. I'd have to say that I have certainly had some enjoyable and, at times, enlightening moments through my work on the paper. And then there are those other times, where the going has on occasion gotten just a bit rough.

I'm often reminded that the paper is printed under the auspices of the Education Dept., and as such is meant to be a learning experience. And I'd have to agree that it has been just that, often on a daily basis.

In my wanderings throughout the mainline part of the prison, I am often approached by both inmates and staff wishing to express their opinions regarding our paper, which is *their* paper. Many of them have expressed an opinion that our newspaper has often fallen short of reflecting the true realities of prison life as we know it to be. The bad as well as the good, from both sides. As I see it, there are a number of reasons why this continues to be the case.

Despite the fact that our paper is some 12 issues old now and counting in its latest incarnation, it is still in fact a baby. And as much as I would like to see the baby get up and walk, I suppose we're still in the crawling stage. And all of the impatience in the world is not going to hasten the learning process for us on the staff, or for the prison administrators, who, like it or not, are the ultimate arbiters of what is going to appear on these pages.

It's a feeling out process, of what the staff would like to see on its pages, and what the administration feels we ought to know. And sometime, somewhere along the way, we'll all most certainly meet someplace in the middle. And in the process the paper will continue to develop its own character and to take on a life of its own, as well. And I have faith that we reporters will begin to earn a reputation for credibility and honesty for our paper, amongst our peers here behind these walls, amongst the staff and administrators who interact with us day in and day out – and who are our partners in this sometimes uneasy alliance, and amongst the very broad spectrum of our entire reader base.

And someday in the not-too-distant future, I hope that you, the reader, will be able to pick up the paper to read it, confident in the knowledge that in its pages you will generally find an accurate and honest portrayal and understanding of what our prison life is really all about behind these walls. The very best that we are able to do for you.

And our paper will be able to comprehensively explore a wide variety of such sensitive issues as the transfer of inmates out-of-state, the pending and imminent release of a number of inmates from California's overcrowded prisons and the myriad issues that the many Lifers behind these walls must contend with in their quest for freedom. And, yes, we'll even post articles dealing with the occasional violence that erupts behind these walls in ways that don't glorify the incidents.

I hope to see all of these things in the coming year, the second year of our existence. And in the meantime, we on the staff will keep up the struggle to bring you, our readers, the truths, the realities and the triumphs of our lives behind the walls.

It's not easy, no siree, not at all! But then no one told me it would be. But it is, and has been, a learning experience. And I suppose that I'm grateful for that.

## USED VS. LOVED

While a man was polishing his new car, his 4-year-old son picked up a stone and scratched lines on the side of the car. In anger, the man took the child's hand and hit it many times; not realizing he was using a wrench. At the hospital, the child lost all his fingers due to multiple fractures. When the child saw his father, with painful eyes he asked, "Dad, when will my fingers grow back?" The man was speechless. he went back to his car and kicked it a lot of times, devastated by his own actions. Sitting in front of the car he looked at the scratches. The child had written

'LOVE YOU DAD'

The next day the man committed suicide. Anger and love have no limits. Choose the latter to have a beautiful, lovely life. Things are to be used and people are to be loved, but the problem in today's world is that people are used and things are loved. Keep this thought in mind, "Things are to be used but people are to be loved." Be yourself, this is the only day we have. Have a nice day. Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character. Watch your character, it becomes your destiny!

*—Author Unknown*

# NEWS BRIEFS

**SAN FRANCISCO, 7-30-09** – California state **courts** have been ordered to close one day each month as part of the state's budget compromise. The courts, including the state's Supreme Court, will close the third Wednesday of each month in order to save the court system $84 million.

**SACRAMENTO, 7-30-09** – Gov. Arnold Schwarzenegger has given the go-ahead on planning for a new Death Row at San Quentin State Prison. Legislators had attempted to block the construction because they feel that the state's plan to double-cell up to two-thirds of the inmates will not withstand a federal court challenge.

**ROME, 7-30-09** – A Rome-based human rights watch group announced that there were 5,727 executions worldwide in 2008. China remained the world's top executioner, while executions in the U.S. were down.

**BEIJING, China, 7-31-09** – China, with 13 million abortions, continues to be the world leader in that category. The official China Daily newspaper also reported that 10 million abortion pills are sold every year.

**IRAQ, 8-02-09** – Three American vacationers hiking in the mountainous, poorly marked border area with Iran were arrested by Iranian authorities after wandering across the border. The two men and a woman were hiking near a popular waterfall.

**WASHINGTON, 8-03-09** – A nearly two-decades-long search came to an end when the remains of Navy Capt. Michael Scott Speicher's jet were found in the Iraqi desert. The pilot was shot down in the opening days of the Persian Gulf War.

MANILLA, Phillipines, 8-01-09 – Former President Corazon Aquino died of cancer at the age of 76. After the assassination of her husband, Aquino rose to power more than 20 years ago in a peaceful revolution that brought down the regime of Ferdinand Marcos.

## Before I Play My Joker

I am the dealer.
Who wants to play my game?
You see me now once you start to play
Your life will never be the same.

Now I must warn you
Before you get in,
You'll play your best,
But you're never going to win.

Now you can catch me on the corner
Or the middle of the block,
And I'll be glad to serve you:
Hennessey, weed, speed, heroin or a rock.

Because once you take a blast,
and your heart starts to race;
I'm going to reach up my sleeves,
and pull out my ace.

From the top of your head
To the bottoms of your feet,
I'll take all you have and you won't eat.
You gave me your money
And your wedding ring,
Don't stop now
I haven't played my king.

Because as you get high, higher than a rocket.
I'm going to stack me a grip of your money in my pocket,
I've got mo money then you've ever seen
I've got a bad lady and I call her my Queen.
Now just when you wonder, what will come next,
You'll sell your body like a bag full of sex.
How did it feel lying on your back??
That's what happens when I played my jack.
I will be your lover, I will be your friend.
You don't have a card that's going to beat my ten.

I don't give credit and it's plain to see,
So you knock on my door with your color TV.

And now that I've got my hooks in you,
You can throw in your hand. Your life is through.
You hang around my house, just to kill some time,
You want to jack me, but you're scared of my nine.

I make easy money, and I live in style.
Do you want to play my game for awhile???

You'll never win I hope you know.
Now's your chance, grab your hat and go..
I've got a lot of nerve, I got a lot of heart;
I'll tear anybody's life all apart.

The "beggar" the "buyer" the "hooker" and the smoker;
They all lost!!!
BEFORE I PLAYED MY JOKER!!!

By Michael Knox 9-7-87

# All About Our Geese

**By DAVID MARSH**
**News Editor**

To some they are a menace or a nuisance; to others they are amusement, entertainment and perhaps a friend. "They" are the abundant and prolific Canada Geese that can always be found throughout this aging prison by the bay.

Once hunted to a point where they were protected and considered threatened, these social birds can once again be found in every contiguous U.S. state and Canadian province.

Though migratory by nature, warming temperatures and a keen ability to adapt to their environment have made these hardy fellows a year-round fixture in areas which feature bodies of water, such as parks, beaches and golf courses. Due to their adaptability, they have become the most common waterfowl species in North America.

Flying in a "V-formation," with favorable winds they have been known to cover 1,500 miles in a 24-hour period, though generally they fly at a much more relaxed pace.

Social by nature, they generally remain in flocks except when nesting. These geese can get quite mean when protecting a nest or their young, using their beaks and their wings to beat back predators.

The Canada goose will eat grains, vegetation and even fish and small insects. Locally, they seem to have a special affinity for PIA bread.

Adult geese are monogamous, and most will stay together throughout the 10-24 years of their lifespan in the wild. The male goose is the larger of the pair at 7-14 pounds, 30-43 inches long with a 50-71-inch wingspan), while the female is slightly smaller at 5-12 pounds.

After the female lays her 3-8 eggs, both adults lose their flight feathers and cannot fly at all during the entire 25-28 day incubation period. Canada Geese can and will interbreed with domesticated geese, as anyone familiar with San Quentin's resident population, and "Max," can confirm.

The bacteria in their droppings, their loud noise and confrontational behavior have lead many to consider them as pests. They have been blamed for the high fecal coli forms found at some beaches. Fifty geese can produce 2.5 tons of excrement in a single year.

They have been involved in a number of "bird strikes" at many airports throughout the country, including the crash of US Airways Flight 1549 into the Hudson River on Jan. 15, 2009.

# Van Jones Leaves the White House

***Continued from Page 1***

Problems." His book was placed on the *New York Times* best seller's list. The book included a forward by the late Robert F. Kennedy Jr. who wrote;

"The United States has far greater domestic energy resources than Iceland or Sweden."

"We sit atop the second largest fund of geothermal resources in the world…"

"We need to create open national markets where individuals who devise new ways to produce or conserve power can quickly profit from their innovations.

"The Green Collar Economy is a step forward."

On August 24, the internet news search engine Show Tracker reported, "Weeks prior to Jones' resignation the Fox News talk show host Glenn Beck, in an appearance on the morning show Fox & Friends, accused President Obama of having "a deep seated hatred for white people or the white culture."

Show Tracker also reported, "Beck used his popular Fox News show to attack the background of Van Jones, who co-founded an African American political advocacy group, Color of Change, in 2005. Color of Change organized an advertising boycott of Beck's news program after statements he made about Obama."

T. Boone Pickens goes green with Van Jones

### AD BOYCOTT

Beck's latest assault on Jones came as Color of Change announced that they had 36 companies, including Sprint and Wal-Mart, that promised not to advertise on Beck's popular news talk program. A Fox News spokesperson said, "The advertisers referred to have all relocated their spots from Beck to other programs on the network, so there has been no revenue lost."

Show Tracker continued to report that during Beck's 2 p.m. (PDT) news show he never mentioned the statement which he made last month on his own show that "he believes President Obama is a racist." Instead he spent a large share of his program suggesting that "Jones, who co-founded Color of Change, is a radical…"

James Rucker, executive director of Color of Change, said, "Glenn Beck is trying to change the subject." Rucker noted that Jones had not been actively involved in the group in almost two years. "The issue is baseless fear mongering."

Jones stated in a quote on Ryan Grim on HuffPost.com Reporting: "On the eve of historic fights for health care and clean energy, opponents of reform have mounted a vicious smear campaign against me. They are using lies and distortions to distract and divide. I have been inundated with calls from across the political spectrum urging me to 'stay and fight.' But I came here to fight for others, not for myself. I cannot in good conscience ask my colleagues to expend precious time and energy defending or explaining my past. We need all hands on deck, fighting for the future."

On July 28, Beck called the activist a "self professed communist" and questioned the role he was playing in Obama's administration, reported Show Tracker.

Grim stated, "Jones has never denied his past affiliation with the radical left." Grim disclosed that, "In the 90s, Jones was involved with the group Standing Together to Organize a Revolutionary Movement (STORM), which sympathized with the Maoist-inspired peasant movements across the globe and was organized to protest police brutality." Grim went on to say, "Jones, however, left radical politics and made the decision to work within the system, rather than try to overthrow it."

"During a six-minute biographical profile set to ominous music, Beck said, "Jones was twice arrested for political protests and has described himself as a 'rowdy black nationalist,'" reports Show Tracker.

Beck cast the piece as part of a broader examination of the President's 'czars,' special advisors to Obama who 'don't answer to anybody.'" Beck asked, "Why is it that such a committed revolutionary has made it so high into the Obama administration as one of his chief advisors?"

"However, Jones wasn't just some crazy who insinuated himself with the Obama crowd under false pretenses," reported *The Wall Street Journal*'s.com/Opinion Journal. "He has been a leading young light of the left wing political movement for many years and was praised across the liberal establishment."

Ariana Huffington of HuffPost.com stated, "Thank you Glenn Beck. By helping force the resignation of Van Jones, you have done a great service to your country. But in the exact opposite way than what you intended… And the editors of *Time* who named him one the 100 most influential people in the world and one of the nation's 'Heroes of the Environment…"

### STRONG VOICE

Nancy Sutley, Chair of the White House Council on Environmental Quality, thanked Jones for his valuable contributions to the Council. Sutley went on to say, "Over the last six months he has been a strong voice for creating 21st century jobs that improve energy efficiency and utilize renewable resources. We appreciate his hard work and wish him the best moving forward."

Political Hotsheet said, "Jones turned into a political liability for President Obama after statements he made prior to joining the White House came to light. He apologized for a six-year-old petition he signed."

Grim reported online that, Jones had signed a "Truther" petition back in 2004. Truther insist that there are unanswered questions about what U.S. officials knew about Sept. 11 terrorist attacks before they occurred and want further investigations."

Huffington said, "I despise 9/11 Truther conspiracies. I've spoken to Van. He doesn't believe that the Bush Administration orchestrated the 9/11 attacks or allowed the attacks to happen in a cold-hearted attempt to gin up support."

"For Beck, however, Jones' past statements were evidence that Obama is secretly marshalling a cadre of lieutenants pushing an agenda that is radical, revolutionary and in some cases Marxist," Grim stated

Jones said in a letter posted online on HuffPost.com, "The main thing is to support both President Obama and the Green Jobs movement. Spread the Green Jobs gospel. The ideas and ideals of the Green Jobs movement are grounded in fundamental American values, innovation, entrepreneurship, and equal opportunity." Of course, some supporters actually think I will be more effective on the 'outside.' Those ideas remind me of Winston Churchill. After losing a hard fought election, a friend told him: 'Winston, this really is a blessing in disguise.' Churchill replied: 'Damned good disguise.' I certainly can relate to that."


## San Quentin News

Current and past copies of the San Quentin News are posted online at:

**http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ_newsletter.html**

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## We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

- Please limit your submitted articles to no more than 350 words.
- Articles may be edited for content and length.
- The newspaper is not a medium to file grievances, use the prison appeals process. However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.
- Please do not use offensive language in your submissions.
- Art work is welcomed (i.e. Poems, songs, cartoons, drawings).
- Letters to the editor should be short and to the point.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
(No Street address required)


**Also contributions by the**

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# 3 Years Later - The Vanishing R in CDCR

Just over three years ago the state's prison system woke up to a promising change. On July 1, 2006 the California Department of Corrections added the word Rehabilitation to the end of its official name — CDC became CDCR. All the system's official ID, from the huge yellow stencils on inmate clothing to the patches on the uniforms of Correctional Officers, were in line to be changed. It takes time to do all this and even now

**By COLE BIENEK**
**Journalism Guild Writer**

the revisions continue. But maybe they should hold up on that effort. Rehabilitation could be in danger of vanishing. The state's financial crisis has led to dramatic budget cuts within the prison system and among the programs most at risk are those geared to rehabilitation.

Whether slashing rehabilitation programs will save taxpayers' money is questionable. Several studies have shown those programs to be strongly cost effective, reducing discipline problems and recidivism and thus reducing costs.

However, CDCR is cutting $250 million and laying off 600 to 900 employees from educational and rehabilitative programs. On September 23, Artist Facilitators (IAF)

*See* Vanishing R *Page 4*


# San Quentin News

THE PULSE OF SAN QUENTIN

VOL. 2009 NO.8 | NOVEMBER/DECEMBER 2009 | SAN QUENTIN, CALIFORNIA 94964 | POPULATION: 5,435

Stanford's nationally-ranked tennis team sent players to San Quentin for a friendly match. They probably expected a blowout, but the result surprised them. See 'S.Q. Net Team' story, Page 5.

## 4 Men of Richmond Speak of the Violence

**By MICHAEL R. HARRIS**
**Editor-in-Chief**

The city of Richmond has America talking. How do working class communities become virtual war zones for their citizens, places where violent assault and murders are commonplace? Data shows that more people have lost their lives in urban communities then in most wars fought abroad by American soldiers.

Recently a teenage girl was brutally attacked and repeatedly raped for two hours by a group of teenage boys. Onlookers stood and watched, some in fear and some in amazement. Arrests where made and a variety of charges could cause the accused to face life sentences in California prisons. The people of Richmond , young and old, have come out in large numbers to speak out against the state of their community, holding candlelight vigils, town hall meetings and other community gatherings.

The San Quentin News wanted to know how some of the men from Richmond were affected by the recent events. Here are the words of four men who are part of the Richmond Project at San Quentin, Kevin T. Y. Deming, James Houston, Vaught Miles and Nate Collins. They were asked what came up for them when they found out about the incident. Did any of them have sons, daughters, nieces and nephews and, if so, had they spoken to them about this incident?

"My first thought," said Deming, "was how it made me feel. I started thinking about my daughter, sisters and mom. The question is tough, because it took me back to that very school and it connected me back to that community. I used to go to Richmond High."

Deming said it made him really think of how he used to be. "I don't mean the same crime that happened to her, but I was no saint either."

Said Houston:"The Richmond Project was created to show the community how men from Richmond could come together from

*See* Richmond on *Page 2*

## *A Roaring Message Of Hope*

**By ARNULFO GARCIA**
**and JUAN HAINES**
**Journalism Guild Writers**

The weekend before Halloween Bill Glass Champions For Life surprised San Quentin prisoners with an exhibition of 20 roaring Harley-Davidson motorcycles. The Harleys escorted an emissary of volunteers who delivered a message of hope and peace for an excited crowd of prisoners and staff.

There was no advance notice that Champions For Life was coming to San Quentin for a really big show and so the sudden carnival-like atmosphere was en-

*See* Roaring on *Page 2*

## Substance Abuse Program Withers

**By TROY WILLIAMS**
**Journalism Guild Writer**

Among the prison programs on the chopping block because of the $1.2 billion cut in the budget of the California prison system are those dealing with substance abuse. The $250 million slash in rehabilitation programs will translate to an estimated 30 to 60 percent reduction in substance abuse-related staff positions. The cut in this area is especially ominous given the commonly held belief that substance abuse is a huge contributing factor to criminal activity. Prisoners themselves fear that any reduction in the already inadequate substance abuse treatment will result in unsafe prisons and unsafe communities.

According to California's Little Hoover Commission, an estimated 80 percent of parolees are substance abusers. Therefore California's prison population of some 160,000 would require at least 128,000 treatment slots. The plan, according to the California Department of Corrections and Rehabilitation's (CDCR) Fact Sheet, is to reduce the current number of treatment slots from 12,000 to 2,000 and to streamline in-prison substance abuse treatment services.

*See* Substance Abuse on *Page 3*

Wanda Ramey

## Remarkable Woman Who Began SQTV

**By TROY WILLIAMS**
**Journalism Guild Writer**

Most San Quentin inmates have never heard of Wanda Ramey. Nonetheless, she is a presence in their lives every time they turn on their TV. Ramey and her husband, Richard Quierolo, first came to San Quentin Prison in 1960 to film a story on prison life. This led to a continuous relationship with the prison that led to the birth of SQTV, the prison-run closed-circuit TV station.

Ramey died of cancer in August at age 85 but her legacy lives on. She was one of the nation's first female anchors in the western United States. She was co-host of the first local television noon newscast in America and she broke the line that kept women from doing hard-news gathering. She was recognized in both radio and television as a genuine pioneer, paving the way for women who today have an easier entree into an industry that was dominated by men, women such as Barbara Walters, Diane Sawyer and Jane Pauley. Ramey was also the first woman volunteer allowed inside San Quentin.

*See* Ramey on *Page 4*

## State Answers the Judges

**By DAVID MARSH**
**News Editor**

With an absence of fanfare, the Schwarzenegger administration complied with a federal court order to submit a plan intended to reduce the state's prison population by more than 40,000 in two years.

The plan, filed with the court Thursday, Nov. 13, does not include any early releases and relies heavily upon several proposals recently rejected by the state Legislature, such as allowing sick or elderly inmates to finish their sentences in local confinement or house arrest, and sending criminals to county jails instead of state prison for crimes such as drug possession, bad checks and receiving stolen property. The plan proposes to send some high-security inmates to private prisons out of state.

The state plan includes adding beds at several existing facilities despite the federal panel's prior warning not to submit any plan that includes additional construction because the building process takes too long.

Corrections Secretary Matt Cate asked the court to waive steps in the construction permitting process in order to streamline his building plans, as well as to intervene in over-ruling the

*See* State Response on *Page 7*

# Outside View of Death Row

## Marin Magazine Takes a Stand

**By JIM WOOD**
**Executive Editor**
**Marin Magazine**

Nearly 700 convicted murderers await an execution at San Quentin State Prison, in the heart of Marin County. If just one of these men was executed by lethal injection a month, it would take nearly 60 years to eliminate this backlog. Now realize this: There hasn't been a San Quentin execution in three and a half years. In fact, since California voters reinstated capital punishment 31 years ago, more convicted murderers have died of old age or suicide (41) than have been executed (13).

Making matters even more ludicrous, the state of California is determined to build a $400 million, two-story, freestanding death row facility at San Quentin. "We have tried every thing to stop it, but Governor Schwarzenegger is jamming it through," says Assemblyman Jared Huffman of Marin. "This 'Cadillac' of a death row precludes any noncorrectional uses for those 45 acres, land that would be ideal for a SMART rail-to-ferry connection, or workforce housing, or anything but that $400 million monstrosity."

Huffman and other opponents of the new death row say the project is being driven by California's anarchic and barbaric belief that capital punishment will somehow stop people from killing people. Not only has that concept been repeatedly disproved—history shows the death penalty is not a deterrent to crime—but numerous studies have demonstrated that it affects minorities and the poor disproportionately.

There are other considerations as well. Having a death penalty enrolls California in an unsavory club—only Iran, China and a few Eastern European and African nations still enforce capital punishment...

A recent New York Times editorial reported that the 13 executions conducted at San Quentin since 1978 have cost California taxpayers $250 million per execution. In addition, states the Times, "California's death row costs taxpayers $114 million a year more than the cost of imprisoning convicts for life without possibility of parole."

Add to that the $400 million for San Quentin's new death row, millions that could be used to restore recent cuts in education, safety and other state services, and you've got a situation that absolutely makes no sense. This is not about being hard or soft on crime; it's about being smart or dumb on economics and finance...

What am I driving at? Simply put, it now appears the only way to stop a $400 million death row "monstrosity" from being built in Marin is for Marin to be more aggressive in abolishing California's death penalty. How? By writing Governor Schwarzenegger (State Capitol Bldg., Sacramento, CA, 95814), calling him (916.445.2841) or e-mailing him (governor@governor.ca.gov). Also, ask a Death Penalty Focus representative to speak to your service club or community group. Attorney Frank Leidman (415.982.0321) is president of the Marin chapter and the one to call.

Finally, we can initiate a petition to place an initiative abolishing California's death penalty on the November 2010 ballot. For the first time, says professor Craig Haney of UC Santa Cruz, who conducted a survey on the subject, "most Californians support a sentence of life without possibility of parole rather than the death penalty." Assemblyman Huffman says that when people learn about the downsides of the death penalty and alternative of a life sentence with out possibility of parole "they immediately prefer the latter. It's a matter of education."

This is an excellent time to begin working on abolishing California's death penalty. That's my point of view. What's yours?

***Reprinted by permission of Marin Magazine.***

Men of the Richmond Project, (From Left): Kevin 'T.Y.' Deming, Nate Collins, James Houston

# 4 RICHMOND MEN SPEAK THEIR MIND

*Continued from Page 1*

all sides. That we could change the way we think. We came together to make our communities safer. The more we came together the more we started growing in a positive way. We began thinking more about who we are as men."

Deming said the group's purpose is " To help men educate others before they get to this point in their lives. I believe the youth will respect men that already went through it. Most of the youngsters today deal with the past, they look up to the older homeboys and when they're gone, they step into their shoes only to wind up like the older homeboys, because everything they learned was from men now serving life sentences. We want to change that and that's why we come together."

**'MY LITTLE SISTER'**

What does it feel like to see your city on the national stage for such a disturbing crime? Collins replied, "I got a little sister 11 years old and she's handicapped and can't talk. I thought what if that was my little sister? These kids don't know what they're in for. It's so unfortunate for both sides. This is a terrible situation."

Miles said he felt anger and sympathy for the little girl. "I have a 15-year-old daughter and this really made me think." Had he spoken to his daughter yet about the situation? He said no, but he will when she comes to see him again.

"I wrote a letter to my son," said Houston, "I wanted to listen to him and what he had to say. We have to listen to our kids and hear their conscience. I know a lot of those kids looked up to some of those guys. I think about a lot of mistakes I did to fit in with the crowd when I was young."

What type of support from the community, if any, had these men received?

Houston: "We have had people come in to talk to us and dialogue with us about doing things, but the resources have not equaled the conversations. We have real men in here trying to make changes. It's one thing to come in and have a good talk with us, and make us feel encouraged, but when they leave, so does the support."

**'YOU HAVE TO LISTEN'**

When these men speak to their kids, what do they say about the violence in their community?

Deming: "You got to get back and listen to the kids more, not just hear their voices, but really listen to them. We have to stop what's been going on, because it doesn't seem like anybody else wants to help."

During their weekly meetings does it come up why violence and crime are attractive to the Richmond youth?

Miles: "A lot of people complain about having to go back to that lifestyle. Some will say, 'I can't go back to work because these people are looking for me. There are no resources out there for us, so what do we do? We go back to the only thing we know: live in the streets.'"

Houston: "To me it's amazing that one of the biggest thing I see is fear in these young men. They would rather go out and work the streets because they don't know anything else. We need to set goals for these kids who suffer the most from low self-esteem. To really start investing in these kids. It's difficult to go back out because a lot of people go back to the streets and don't know how to be a responsible man.. And lot of it is social conditioning."

# Roaring Cycles Bring Inspiration

***Continued from Page 1***

thusiastically welcomed.

Master of ceremony Robert Jimenez, board member of Bill Glass Champions, introduced former defensive lineman Devin Wyman of the Super Bowl champion New England Patriots, along with Mike McCoy, former All-Pro defensive tackle and number one draft choice of the Green Bay Packers.

Wyman, who was raised in East Palo Alto, reached back to his community by giving a down-to-earth, honest rendition of the obstacles he had to overcome in reaching his life- long goals. Wyman testified, as he mingled with San Quentin prisoners, that faith in God guided him through the numerous obstacles to his goal, the National Football League.

McCoy stressed the importance of the "Three D's" in life: "Decisions Determine our Destiny." McCoy said decisions rooted in faith lead to better choices.

Tino Wallenda of the Flying Wallendas performed one of his famous high-wire acts for the prisoners. While performing, Tino told the dramatic story about his family's famous "seven-person pyramid" that tragically ended in the death of some of his loved ones. But Tino was determined to succeed for the sake of his family's honor and successfully performed the act in 1977.

The crowd of nearly 400 prisoners watched as Tino began his act by carrying a chair to the middle of a tightrope suspended about 35 feet off the ground. After balancing the chair on the tightrope, Tino sat on the chair, continuing his lecture on having trust, faith and focus in your life. Sweat poured from Tino's face as he acknowledged that this particular act was extremely dangerous, and could easily end with his death.

This reality did not seem to faze Tino as he confidently declared, "If I were to die doing this act, I know where I would end up." Tino stunned the audience when, one foot at a time, he stood on the arms of the chair, and continued his lecture! Before the audience realized it, Tino was standing on the arms of the chair that was still balanced on the tightrope 35 feet off the ground.

Champions for Life entertainer Tonya Crevier's basketball handling skills were most impressive with her ability to cross-over dribble two basketballs simultaneously, juggle four basketballs through bounce passes from a audience member and spin a basketball on her finger while feeding a man with that same hand, just a few of her amazing tricks.

Tonya capped her performance with an unbelievable spinning of 10 basketballs at once, leaving audience mouths agape.

Georgia native and model airplane builder Jim Harris captivated the audience with his circa World War II P-51 Mustang's acrobatic maneuvers high over San Quentin's skies. The plane reached amazing heights and even chased birds.

The Mission Statement of Champions For Life: Assist the Church by equipping and igniting Christians to share their faith in Jesus Christ with the "least of these." CFL is comprised of three ministries: Prison Ministry, Youth Ministry and At-Risk Youth Ministry.

The event was organized by Community Partners Manager Laura Bowman, who said she believes faith-based, non-governmental organizations such as Champions For Life are a vital part of rehabilitation and promote positive influences for prisoners and ex-prisoners. Associate Warden J. Curzon said he looks forward to Champions For Life's return next year.

# Who Gets Bailed Out and Who Doesn't

## INSTRUCTORS SPEAK OF SPENDING PRIORITIES

**By MICHAEL HARRIS**
**Editor in Chief**
**And**
**JULIANGLENN PADGETT**
**Journalism Guild Writer**

The drastic cuts in educational and vocational programs within California's prison system have prompted outspoken reactions from the teachers affected.

One of several San Quentin teachers to receive layoff notices is C. Wittek, a GED teacher. "My understanding is due to budgetary constraints state policy makers opted to reduce prison education programs by 50 percent," Wittek said. "I have always believed that education should be an on-going process for every inmate in California prisons. Reducing the number of educational opportunities only worsens the situation."

Asked about her layoff, L. Marez, who teaches a GED and a high school program, said, "I was in the first batch that got a layoff notice last February. This is my second time going through this. I felt the state was in trouble and our legislative process is broken. My first concern was for the men and their families because when they do well and turn their lives around it's better for their families."

Bridging teacher C. Brady, who earned two Masters degrees from UC Berkeley said, "If the federal government could bail out the banks, and they can go to foreign countries and spend billions of dollars on building projects, then they should also be able to bail out the educational system here… Seventy-five percent of the teachers are going to be eliminated by January 17, 2010. And the state is now fighting to get inmates to teach these men. But we [teachers] have gone to schools and colleges to be teachers able to work with everyone… Society already doesn't trust inmates. Now they want to trust them to teach? How will the parole board look at this?"

M. Ficarra, a GED teacher said, "I have a background in psychology and classrooms are a rehearsal for life. Classrooms help people change their personal belief systems of who they are. It's a huge step backwards. I think it's a bad direction. By cutting teachers, the "R" for rehabilitation has been dismantled."

Ms. A. Sufi, another teacher said, "Many people believe that rehabilitation is only about academics. Actually we're socializing people back into society. If you are illiterate how can you teach yourself to be literate?… The 'R' means giving people a different vision of your life. You have to interact with other human beings for that change to happen. Change comes from people, not the social machine."

Another teacher had this to say: "The impact of the layoff of teachers is not only felt by the teachers but it also impacts the inmates. Education is the key to rehabilitation and experienced teachers are the keepers of that key."

# FOOD SERVICE REPORT

**By W. (DITTO) WILLIAMS**
**Journalism Guild Writer**

The food service at San Quentin has its up and downs, which is not too surprising considering that it is geared to serve three institutional meals a day, every day, to more than 5,000 people. However, help may be on the way. The new food service manager, R. Mearse, reports that he is in the process of making several changes relating to the cleanliness of the kitchen. Items:

- The roach situation is being addressed. Vector Control has been contacted, spraying for roaches began October 23rd and will continue over the next several months.
- In the near future traps should be in place for mice and birds.
- Three floor scrubbing machines were recently purchased and are being used in all areas of the kitchen.
- The dishwashing machine water temperature was discussed and Mearse assured the Men's Advisory Committee that the water temperature will be within code.
- A request has been submitted for a larger and more efficient hand washing station for staff and prisoner cooks.
- It has been agreed that an inmate inspection team will examine the kitchen on designated days to assure that sanitation requirements are met.

There is also a prospective personnel change that could be helpful. Mearse said he hopes to eliminate volunteer "orange" prisoners from kitchen work crews, replacing them with paid positions for North Block inmates.

As for the food itself, there is good news and bad news. The bad news, which isn't actually new, is that salt and pepper will continue to be absent from sack lunches. The good news is that Mearse says that TVP soy product as a meat substitute will be eliminated. He is examining alterative products, including real meat.

The food manager said that he expects to have most if not all of the recommended changes in place early next year.

# Big Squeeze On Teachers Hits Home

**By JEFF BROOKS**
**Journalism Guild Writer**

California's current financial crisis has brought major cuts to rehabilitative efforts within the California Department of Corrections and Rehabilitation (CDCR).

In October, hundreds of vocational and academic instructors throughout California's penal institutions were issued pink slips, informing them that their services would no longer be needed within the CDCR.

These reductions will impact academic, vocational, and substance abuse programs for inmates and parolees. Financial cuts toward rehabilitative efforts are estimated to be so deep that academic and vocational programs within institutions may never recover, leaving inmates to return to their communities with no job skills and state employees looking for new jobs.

The cuts come despite the assertion by California State Auditor, Elaine M. Howle, that the CDCR has a responsibility for implementing rehabilitative strategies for inmates to successfully reintegrate into communities.

File photo of San Quentin teachers and administrators in the Education Department

Institutions that currently use vocational printing, plumbing, welding, sheet metal, electrical, and machine shops will have to outsource many of these services, causing California to spend more money on outside contractors.

### STARK CONTRAST

These moves are in stark contrast to CDCR's June 2009 Rehabilitative News report that said, "AB900 moves California away from an outdated model of prisoner incarceration to institutions that create opportunities for change – to reduce the rate at which inmates released from prison commit more crimes. The Act is a major effort to reform California's prison system by reducing prison overcrowding and increasing rehabilitative programming. The reforms use evidence-based rehabilitation – academic, vocational, substance abuse and other programs – to help offenders succeed when they rejoin their communities so they do not return to a life of crime."

Addressing these events, CDCR Secretary Matthew Cate said, "The new budget reality has forced us to make tough choices as we weigh population reductions, staff layoffs and a significant cut to our budget. We must increase our efficiency and target our limited resources for programs most likely to reduce recidivism and keep our communities and our prisons safe."

According to San Quentin's Robert E. Burton Adult School October Newsletter, "In January 2010 the education program is to be cut back drastically to the pre-expansion numbers of 2004. Seventy-five percent of the faculty are to be dismissed."

The Newsletter reports, "Every dollar spent on education saves $2 for taxpayers through reduced recidivism (Correctional Educational Journal). And, inmates who attend high school and college classes while in prison are substantially less likely to re-enter prison once released (Federal Bureau of Prisons)."

Vocational Janitorial instructor Anthony Stevenson, who has worked for CDCR for the past 15 years said, "I was hired to serve these men, to give them job and life skills so they could reintegrate back into society, unfortunately due to budget issues they are taking another resource away from these inmates."

# Substance Abuse Programs Feeling the Axe

*Continued from Page 1*

Robert P. Morales is a certified California Association of Alcohol and Drug Counselors (CAADAC I) who has taken the 255 hours of training for the practicum, passed the written exam and spent well over 4000 hours as an intern in a substance abuse treatment program called ACT.

Although ACT is not directly affected by the budget cut, Morales is deeply concerned about the effect of the cuts in state-funded programs. He believes that California's citizens, incarcerated and free, will feel the impact both among prisoners remaining in prison and those being released from prison without adequate treatment.

"People become a part of their environment," Morales said, "Prisoners come in damaged. They get involved in programs and make progress. Taking away treatment creates idle time that can revert the individual to criminal and addictive thinking."

The streamlined version of in-prison substance abuse treatment will cut the current 6-36 months of substance abuse treatment to three months. According to James Houston, another prisoner who is also a certified CAADAC I counselor, "Drugs and alcohol are life-long issues for the long term user. It takes about a year after the person has stopped using for his brain to start back functioning normally."

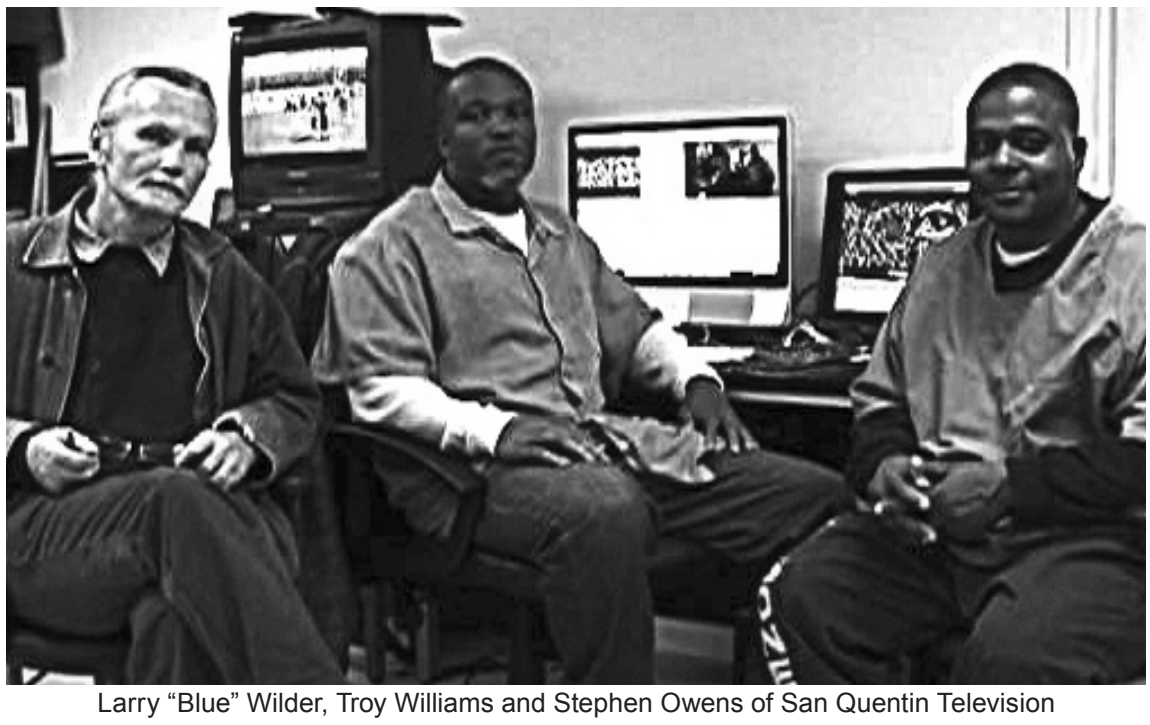
Information provided by the National Institute on Drug Abuse notes, "There is no predetermined length of treatment. However, research has shown unequivocally that good outcomes are contingent on adequate lengths of treatment… participation for less than 90 days is of limited or no effectiveness."

Public safety depends on expanding programs that work. The CDCR fact sheet noted, "The return-to-prison rate after two years for offenders who complete both in-prison and community-based substance program is 35 percent compared to the 54 percent for all offenders." Drug counselor Houston believes strongly that substance abuse treatment slots should not be reduced, the streamlined substance abuse treatment approach should not be pursued, and those who need treatment should get it. Houston said providing prisoners the help they need before they are released is the key to safer prisons and safer communities.

## IMAGINE HIS SURPRISE

**VISALIA, CA, 10-20-09** – A carjacking suspect got a surprise when the 2009 Chevy Tahoe he was driving suddenly shut down during the heat of a police chase. It was the first use of the On Star stolen vehicle shut down feature that became available on some models in the year 2009. The 21-year-old thief was arrested after a short foot chase.

# Ramey's Long List Of Good Works



Larry "Blue" Wilder, Troy Williams and Stephen Owens of San Quentin Television

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Ramey's husband, Richard Quierolo, developed an interest in the mechanics of his wife's career, becoming a TV cameraman and often working with and for his wife. Ramey covered President Kennedy's assassination, and interviewed more than 1,200 well-known personalities, including Ronald Reagan, Carl Sandburg, John Kennedy, Caryl Chessman, Hubert Humphrey, Richard Nixon, Lyndon Johnson and Martin Luther King, Jr. Of all these interviews, Ramey remembered one of her first as the most memorable: Eleanor Roosevelt, the woman who was Wanda's own inspiration and role model growing up.

**A ROUGHER PLACE**

Ramey and her husband taught television journalism as well as film and television production skills to many prison inmates. He helped prisoners learn the particulars of cameras while she filled them in on the details of narration and coordination. And this was back when San Quentin was a much rougher place than it is now.

In 1965 Ramey's S.Q. students thanked and honored her by naming her an "Honorary Inmate." That same year, as part of a film workshop taught by Ramey and her husband, a group of inmates produced a sports documentary. During the summer of 1966 a documentary on emergency farm labor was shot on location in the San Joaquin Valley by a small and select group of their students.

In 1967, a group of about 50 of their trainees produced a telefilm, The Cage that was broadcast on KQED. According to San Francisco Examiner columnist Dwight Newton, "It is ... a grim, sometimes gripping, semi-real, semi-fanciful half-hour drama of four convicts captive in a barren, bunkless, chairless, concrete cell..." The prison allowed the telefilm to be produced because of the potential therapeutic value to the participants and of the possibility of obtaining funds to acquire equipment for the prison's film workshop.

Larry Schneider, a state-employed TV specialist who has worked at SQTV for over 23 years, gives full credit to Ramey and her husband for what they did here. "Wanda, out of love for her husband, always said it's all about Richard. They were a team."

Lonnie Morris, a long-time resident of San Quentin who worked at SQTV in the early 90s remembers, "The thing that stood out to me about Wanda is that she cared about us as human beings and she loved her husband. Wanda was like a mother to us." Morris' eyes began to tear up as he recalled Dick Quierolo using a walker to come to visit. "He was up in age, around 77 at the time, but always had a smile. One time Dick came to see us in a wheelchair. We asked what he was doing and Dick said, 'I had to come see my boys.'"

E. Phillips is a musician and artist who works as an editor at SQTV. Phillips said, " I found skills I never thought I had before. If SQTV weren't here I would not have the creative outlet that I have now because creative arts is what really drives me. Working at SQTV has given me a specialized and marketable skill that expands my opportunities on the outside."

Marvin Andrews, Buckshot Maples and a new generation of film students are all reaping the benefits of a community service commitment that began nearly 50 years ago with Wanda Ramey and her husband.

**AN INSPIRATION**

Author's Note: I work at SQTV as a video production technician. After researching and reading about Wanda Ramey, I am inspired and in awe. With tears in my eyes, I state that if I only grow to be a fraction of the person she was, I will have lived to be a great journalist and human being of substance.

## NEWS BRIEFS

**HONOLULU, 10-20-09** – With the signing of a new union contract that will close schools on most Fridays for the remainder of the academic calendar, Hawaii now has the shortest school year in the nation. The state will now have 163 instructional days, as compared to a national average of 180.

**REYKJAVIK, Iceland, 10-27-09** – The only three McDonald's franchises in this tiny island nation have been forced to close their doors. The collapse of the economy and the resulting fall in the krona, the nation's currency, are blamed for the closures.

# *California's Money Crunch vs. the 'R' in CDCR*

*Continued from Page 1*

throughout CDCR received layoff notices, effectively destroying Arts In Corrections (AIC), one of the system's longest running and most effective rehabilitative programs.

Founded in 1977 by the William James Foundation, AIC Facilitators oversaw the management of Contract Artists and Artists-in-Residence. AIC provided classroom workshops in drawing, painting, printmaking, creative writing, poetry and performance-based events in music and theater arts.

In 1982, San Jose State Professor Larry Brewster conducted an evaluation of AIC at four Northern California institutions: CMF-Vacaville, San Quentin, Deuel Vocational Institute, and CTF-Soledad. According to the data, AIC participants presented a 75 percent reduction in disciplinary infractions. This led to reduced hours spent on disciplinary actions and consequently, reduced costs to CDCR. Brewster's findings showed that as AIC's volunteer hours and programs expanded, costs to CDCR dropped nearly 33 percent.

"No economic, safety, or security concern is served by deleting the IAF position," argues Steve Emrick, IAF at San Quentin. "Studies [like the Brewster Report] show that Arts programming provides a safer institutional environment." The IAF, as a full-time state employee, oversees the stable of Contract Artists and Artists-in-Residence — ensuring that visiting artists need only focus on classes and workshops. "Outside artists have little or no knowledge of the paramilitary inner workings of a prison," Emrick says. "As the IAF, I review all the supplies and materials the outside artists will be using." Emrick, a sculpture and furniture artist with a MFA degree and a stretch as a professor at San Diego State University, reflects on his 21 years of experience: "I have found working with prisoners to be a rewarding experience, both professionally and artistically. I enjoy seeing individuals gain a sense of self and learn to identify themselves as something other than prisoners. "The Arts," he says, "become a lifeline they can grab onto and pull themselves up out of the abyss."

**AIC IS NOT FUNDED**

Elizabeth Siggins is Chief Deputy Secretary–Adult Programs. "We are all trying," she says, "to do everything we can to change the way we do business, to continue providing programs to as many inmates as possible." However, Arts in Corrections is part of the now-defunct Bridging Program,and," Siggins says, "is technically not funded."

She says CDCR is seeking other ways to provide programs to inmates: "We will rely more and more on volunteer support from the community, and training long-term inmates to be substance abuse counselors and literacy tutors." She says, "I understand how important these programs are to inmates, so it is vital to use this fiscal crisis as an opportunity to improve the way we provide these programs. This is a difficult time for staff and inmates alike; to get through this, we must work together."

## Teaching inmates how to focus

However, depending on volunteers and outside help is exactly the current model of the Arts in Corrections program about to be ended, says Katya McCulloch, a contract artist who teaches block printing to a dedicated group of prisoners on Friday mornings. In 2008-2009, San Quentin AIC received no CDCR funding, while the William James Foundation provided nearly $74,000. "The Arts," McCulloch says, "open a door to the rehabilitative process, teaching inmates how to follow-through and sustain their focus for extended periods." Finished works by Katya's students have been accepted into the permanent collection of the Library of Congress — a rare honor.

"Arts programming teaches skills which are difficult to quantify," explains Lucinda Thomas, IAF at Lancaster State Prison. "It [the Arts] addresses the emotional component of learning, which is linked to the internal social change, which in turn, is linked to genuine rehabilitation." After nearly 20 years working with prisoners, she notes that successful rehabilitation involves more than training alone. "You can teach a man to be a plumber, but if you can't find a way to get him to deal with the emotional instabilities which contributed to his incarceration, you just released an angry plumber back into society."

**BIG IMPROVEMENT**

AIC classes are always integrated, always open," Thomas observes, "and that is an extraordinary thing." California's prisons are notoriously hyper-racist; every facet of daily life is dictated by racial politics. "Men who come to AIC classes have a chance to form bonds, find common ground in a shared experience, and create friendships with men they would most likely not talk to outside the AIC studio doors." Thomas finds this bonding experience to be unique among the traditional programs offered in prison. "In one painting class you will find men with six different education levels from five different social backgrounds, diverse ethnic backgrounds, and even members of rival gangs."

A CDC/ Arts in Corrections research study covering 1980-87 provided evidence for AIC's contribution to reducing recidivism. A total of 177 randomly selected inmates were monitored after release. All had participated in at least one AIC class per week for a minimum of six months. After one year, 74 percent of the study group had achieved a "favorable" parole result, while the remaining parolees had a 49 percent rate, a 25 percent difference. After two years the gap expanded to 27 percent.

The Washington State Institute for Public Policy produced a pair of independent studies in 2001 on Evidence-Based Adult Corrections Programs. The programs aimed at rehabilitation reduced recidivism 13 percent. Among the most effective programs was vocational education with a benefit of $7.13 for each dollar spent. Despite this benefit, CDCR is cutting two-thirds of the vocational programs at San Quentin along with AIC.

When questioned recently about the loss of the AIC program, Acting Warden Wong said, "While we are losing the position [of IAF], we will try to maintain all the programs through the continued use of volunteers."

# Religion

## New S.Q. Imam Outlines His Goals

**By MICHAEL R. HARRIS**
**Editor in Chief**
**and**
**JULIANGLENN PADGETT**
**Journalism Guild Writer**

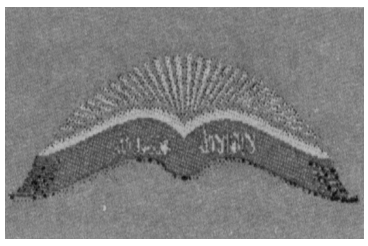
San Quentin's new Imam, Kawsar Hossain, came here in October after volunteering at Old Folsom State Prison and Deul Vocational Institute (DV I). "What attracted me to S.Q. was the location of the Bay Area" says the Imam, "which happens to be my roots." He started volunteering and consulted with some of his teachers. "The chaplain at Folsom recommended I pursue the position of chaplain at Folsom when he was leaving."

Asked what is needed in San Quentin's Islamic community, the Imam said, "I think it needs focus. Focus on the foundation of Islam. This is a loosely translated quote from a past Islamic scholar. 'Before you try to become a scholar, become a Muslim and before you become a Muslim become a human.' Sometimes when we have our eyes focused on the big things we have tendency to look past the future."

"In the Muslim community at large we've lost focus on Tazkiya. It's called the purification of the heart and purification of the soul.

So on the Islamic study of Tazkiya I have studied a good deal with my teachers. I have tried to at least incorporate that in everything I speak on. There's also a saying of the Prophet: 'I have not been sent but to perfect good character.' We focus on a lot of different things. Even for the Prophet that was a big thing. But it is something that we look past."

Asked what it means to be a Muslim, the Imam said, "To be a Muslim is to submit to Allah (S.W.T.) in the ways shown by the Prophet (S). To submit to Allah (S.W.T.) in every facet of one's life, be it your character or your wishes or the way you think. Everything must be in alignment with Allah (S.W.T.)."



Back row: JulianGlenn Padgett and John Sklut
Front row: Chaplain Carole Hyman and Edward Horowitz

## *Inmates Celebrate Their Bar Mitzvah*

Three Jewish men at San Quentin finally celebrated their Bar Mitzvah last September during the Jewish month of Elul. Bar Mitzvah is a significant moment for Jews, somewhat resembling Confirmation in Christian churches, when a person accepts adult responsibility within the faith. It usually takes place when a Jewish male is 13 but for these three men it had not been possible.

The three were Edward Horowitz, John Sklut, and JulianGlenn Padgett. The ceremony was led by Chaplain Carole Hyman and drew a gathering of friends and free staff. In Hebrew the word Bar Mitzvah means "son of the commandment." Chaplain Hyman said, "Eddie was my first Bar Mitzvah here at San Quentin. Prior to that I did a naming ceremony here, too. All the Bar Mitzvahs were such wonderful events."

The ceremonies began with Horowitz who said, "This was a day that I had long waited. I was denied my Bar Mitzvah when I was 13 due to the fact my family moved to the jungles of India." Asked how he prepared for his special moment, Horowitz said, "The first thing I had to do was to re-learn Hebrew. I had studied for my original Bar Mitzvah back in 1965. That was 44 years ago."

Asked about his feelings regarding the Beth Shalom congregation at San Quentin, Horowitz said, "I feel very lucky and blessed to have transferred here from Ironwood. Chaplain Hyman encourages all of us to get involved.

"My family, they were extremely happy to hear of my Bar Mitzvah, and how the entire congregation supported me during the event."

**FOR OVER A YEAR**

John Sklut said, "I worked together with a friend from Beth Shalom here at San Quentin for over a year. First and foremost was learning my Cantillation… It's one thing to be able to read and understand Hebrew. But then I started learning how to read the tropes, the Cantillation signs. With the sounds of each trope, Hebrew took on a whole different level… I sang before G-d from the depths of my soul. It touched something in me that was primordial that I didn't know existed."

**THOUSANDS OF YEARS**

As for the significance of his Bar Mitzvah in the greater sense of Jewish community, Sklut said, "My Bar Mitzvah was an affirmation both to the community and to G-d to fulfill the Mitzvah and be responsible to our community and to the world."

Padgett said, "It was challenging and spiritually invigorating at the same time. It took me over a year to learn to chant the tropes that are thousands of years old. Chanting Noach was my personal conversation with Hashem. For me that was incredible in every way, because my Bar Mitzvah makes me a son of the commandment now – a true part of our living Torah."

# SPORTS

## 'He Hate Me' Gridders Open the New Season

**By JEFF BROOKS**
**Journalism Guild Writer**

San Quentin's football team "He Hate Me" opened its 2009 season the last weekend in September with a loss against its toughest opponent from last season, No Soup for You.

He Hate Me (the name is fashioned after the bold and audacious football player Rod Smart from the now defunct XFL) is led by inside Head Coach William "Big Will" Packer, who was instrumental in reviving the S.Q. football program in 2005, and by new Defensive Coordinator Abraham Glasper.

Last year S.Q. suffered its first loss in four seasons to No Soup For You, a flag football team from the Sacramento area. S.Q. scheduled this year's Opening Day Game in an attempt to even the score. Unfortunately, S.Q. lost to No Soup For You again but will face them a couple more times this season.

Currently, He Hate Me has played three games this season. After losing their season opener they rebounded with two wins against Muscle Milk, a local team from Benicia.

The squad of 16 players has been practicing since May for the preparation of the new season. The game means much more to the players than just wins and losses, Parker noted.

"There is something to be said about team camaraderie within a prison setting," Packer said. "The guys learn a lot about discipline, accountability and responsibility toward their fellow players, coaches, and opponents. You can see the changes taking place within the guys; they become better men. Besides that, it is nice to hear about the guys who take what they have learned from the program and use it to reach their dreams and aspirations once they parole."

It's easy to see that the inmates enjoy watching the football games; some root for the home team; some root for the visiting teams, and some root for both, Packer said.

"Our real test will come when we see No Soup For You again, I have faith in our guys, we will get them next time."

Stanford tennis team tours the North Block

## S.Q. Net Team Surprises Stanford

**By DAVID MARSH**
**News Editor**

Stanford University is one of the nation's great collegiate tennis powers, so when a group of their players came to San Quentin for a match, they can't have expected much of a challenge. The Stanford team even included sophomore Ryan Thacher, recent nationwide doubles champion at the Intercollegiate Tennis Association's National Indoor Competition in New Haven, Connecticut.

So imagine their surprise when S.Q.'s top doubles team of Rafael Calix and James "Mac" MacCartney more than held their own on a typical balmy, Bay Area morning on Saturday, Nov. 14. "I was surprised at the very good quality of players," said Thacher, as his gaze swept the activity on the courts and lower yard. "It seems as though there is a lot more going on here than I would have thought, more vibrant and interactive."

Thacher and his teammates were taken on a tour of the prison following the match by the same two men they had previously bested on the courts, Calix and McCartney.

The idea for this entertaining morning of tennis took shape through a series of phone calls over the past several years made by S.Q.'s Coach DeNevi to several Bay Area universities. DeNevi proposed to each of the schools he called the chance for both a competitive and cultural exchange, offering school officials a chance for their players "to have a chance to explode a lot of the myths about a penitentiary." He made the point that some of the school's athletes are foreign-born scholarship players with no practical concept of the inner workings of an American penal institution.

Stanford Coach John Whitlinger accepted the challenge and a match was made, though it would take almost two years for the two to find the right scheduling opportunity.

"I wouldn't mind trying this again," Whitlinger said, expressing his appreciation of the unique opportunity. "There are certainly some pretty good tennis players here. We have enjoyed ourselves today."

As for the score of the matches? That depended on which side you talked to. Some said the final score was 3-2, others had it at 3-1. It's not clear how much the score really mattered — both sides were smiling as they left the court.

# OPINION

## *Happy on the one hand, but…*

**By WATANI STINER**
**Contributing Writer**

After serving 29 years on a second-degree murder charge, 67-year-old Fred Hempstead was finally granted parole and released from San Quentin on October 8. The governor declined to review the parole board's unanimous decision to release him — unlike a previous occasion when the governor overruled the board.

On one hand, I'm extremely happy for my old friend Fred. To see him walk out of this prison on his own two feet rather than being carried out in a pine box was a joy beyond all measurement. But on the other hand, I'm mad as hell that it took so long.

It is often said, "If you do the crime you must do the time." But the follow up question is equally as important: "How much time equals justice?"

Like so many other "lifers" (with the possibility of parole), Fred Hempstead had appeared before the parole board many times. He had served well over his time and done all the things the parole board had required. The law says that you should be paroled when you are "rehabilitated." Given the time he had served, his advanced age and his medical concerns, what purpose was served in holding him any longer?

But, now that Fred's gone I'm also happy and grateful for my memories of him. His jokes and sense of humor are unmatched by anyone I've ever known. His funny account of why he was losing his hairs still brings a smile to my face: "Man, my hair refused to do all this time with me. So one night while I was asleep, it decided to escape without me."

> He would wear a different suit and tie each day

Fred was born in Minnesota and came to California in the late 70s, working as a salesman for Phillip Morris Tobacco Company. He would brag of wearing a different suit and tie each day as he traveled across the state, ensuring quality customer service and increasing his sales. He was well on his way to becoming one of the leading salesman of his district when he was persuaded to add another product to his inventory: marijuana. He said he never used the stuff himself, but pretty soon Fred found himself making more and faster money selling marijuana rather than cigarettes.

Disrespect over a drug deal gone bad, which had nothing directly to do with Fred but with his younger brother, sparked a verbal confrontation at a house party, ending with Fred shooting two men, one fatally.

Looking back, Fred said, "I take full responsibility for my action. If only I had these same tools back then to defuse the situation, and had I not been carrying a gun, it never would have happened and I never would have gone to prison."

One of the groups Fred has been most passionate about here at San Quentin was S.Q.U.I.R.E.S., a group geared toward turning around troubled youth. He often shared his story with them, saying, "If you carry a gun, sooner or later you're gonna use it."

Because Fred rarely attended church services, few people knew that he was a deeply religious and spiritual person. "A true Christian is recognized and defined by his actions, not by his weekly rituals and words," he said. He was also accepting of all religions: "That's not for me or anyone to judge. Everyone has to be true to their own faith and answer to the God they pray to."

I wish Fred good things without number and many blessings without end. I'm happy as heaven on the one hand and mad as hell on the other. Fred Hempstead should have been paroled years ago.

# As I See It

## Amid all the chaos, there is one thing that remains

**By DAVID MARSH**
**News Editor**

HOPE...so essential to the preservation and nourishment of the human spirit…to our spirits, yours and mine! Hope is the ultimate motivator, directly or indirectly, for all of our actions, conscious and subconscious, whether we are in or out of prison. But for those of us behind these walls, hope becomes even more critical. Often it is all that we have. Or at least to us, so it seems. And in our darkest of moments during the most dreary of days behind these walls, it can quite often seem that, indeed, we have no hope at all! But, in truth, this seldom if ever turns out to be the case. For even in the darkest of moments, somehow there is still a glimmer of hope for those of us who would look hard enough.

For many of us here at San Quentin, both staff and inmates alike, these have been the darkest of days as round after round of state budget cuts have cut painfully into those things that so many of us deem necessary for our continued well-being. Staffing cutbacks and program eliminations, seemingly never ending, have reduced morale in the prison to the lowest of levels that few among us have ever seen.

Take away the staff and you in turn must take away the programming. With a scarcity of programming comes a lessening of the opportunities for me to rehabilitate myself while I am here. And as we all know all too well, less rehabilitation translates most assuredly into more recidivism. Those are the facts.

HOPE…among my peers we cling desperately to the seemingly certain promise of some sort of change brought about by those three judges of the federal court panel. C'mon Henderson, Karlton and Reinhardt! For they are our hope. A looming presence soon to be felt by all, so much more acutely than most might imagine.

In a state which is reeling from the nightmare reality of empty coffers, shrinking services, political discord and indecision and the worst job prospects that anybody can remember, we as inmates find a cause for hope in three gentlemen on the bench in Sacramento. Whether you are a Lifer, an 85 percenter, sick, aged or otherwise infirm, or simply a short-term parole violator, radical changes within the system are coming, and soon!

Meanwhile, for the short-term, it becomes a case of waiting for the dust to settle after the nightmare of cutbacks and layoffs. Indeed, the dust will settle. And for San Quentin, a prison that touted a plethora of programs coming into 2009, there will most certainly be a wide variety of programming that survives the cuts.

Less of a selection? No doubt! Much less, I'm guessing. But on a personal level, I am always reminded to ask myself "Compared to what?" And compared to California's other 32 prisons, there will remain at San Quentin a smorgasbord of self-help programs that offer the chance for individual improvement and growth. Certainly not near what we have grown accustomed to, for in many respects we have been truly blessed. But if there is one program left where once there may have been three, or perhaps even a choice still left to us among two remaining programs where once there have may have been many, are we not still much better off than our peers in one of the many barren lock-down prisons within the state?

For me, the answer is a resounding "Yes." And therein lies Hope for me. Sometimes a glimmer, but more often a Gleam. Generally the only real difference in the two is in the way that I perceive them. That choice of perspective is on me.

For the holidays coming ahead, when I say my thanks, it takes much more than a moment, though I am indeed still in prison. The part about "still in prison" won't always be that way, for me or for you.

There is always HOPE.

## The Wisdom of Talking to Your Enemies

**By MICHAEL HARRIS**
**Editor-in-Chief**
**and**
**STEPHEN LIEBB**
**Contributing Writer**

*"If you want to make peace you don't talk to your friends. You talk to your enemies."*

— Moshe Dayan, Israeli Military Leader

To settle differences, reach understanding and resolve conflict, talking to your enemies would seem to be a sensible approach. Talking to those with whom we have differences is a concept taught in anger management and conflict resolution classes at San Quentin Prison. Communication is a skill that is useful in improving personal relationships.

### INTENSE CRITICISM

Yet, this approach to peacemaking, eloquently and powerfully projected by President Barack Obama, has brought him intense criticism and derision. His critics ignore a powerful example from history when bitter enemies who killed each other's sons on the battlefield were brought together to speak face-to-face and produce peace.

Use of force and threats is not the only way to gain compliance. President Obama declared in his inaugural address that, "power grows through its prudent use [and] the tempering qualities of humility and restraint." In emphasizing our "common humanity" Obama envisioned a time when "the old hatreds shall someday pass [and] the lines of tribe shall soon dissolve."

### BASIC COMPONENT

Those who deride his willingness to "extend a hand" to America's enemies as misguided, weak and a form of appeasement ignore a basic component in human relationships. Silence and estrangement born of fear and mistrust only increase tension and dehumanize those with whom we need to achieve understanding. When we fail to see the shared humanity of our "enemy" it becomes easier to take their rights, their possessions and their lives.

In seeking a New Beginning with the Muslim world, Obama spoke in Cairo, Egypt. He said, "So long as our relationship is defined by our differences we will empower those who sow hatred rather than peace, those who promote conflict rather than cooperation that can help all of our people achieve justice and prosperity. And this cycle of suspicion and discord must end."

Speaking the truth openly to one's enemy is not a sign of weakness or surrender, but a demonstration of profound courage and commitment to peace. Obama acknowledged that his speech could not "eradicate years of mistrust… But I am convinced that in order to move forward we must say openly to each other the things we hold in our hearts and that too often are said only behind closed doors."

Obama's New Beginning in Cairo focused on the major source of tension produced by the conflict between Israelis, Palestinians and the Arab world. The value of speaking openly to the enemy was demonstrated in the Israeli-Egyptian peace forged in 1977-1979.

### SAW THE COST

Anwar Sadat, Egypt's President and the chief planner of Egypt's war against Israel in 1973, saw the cost of continued conflict to his country in blood and prosperity.

Against a background of intense opposition at home and in the Arab world, Sadat said, "I am ready to go to Jerusalem and to give a speech in the Israeli Knesset if this will save the blood of my sons." Speaking in Arabic before the Knesset in 1979, Sadat touched upon the common humanity of his people and his enemy the Israelis. "We all still bear the consequences of four fierce wars waged within 30 years… A wife who becomes a widow is a human being entitled to a happy family life, whether she be an Arab or an Israeli…"

### LETTING GO

Talking to the enemy may involve letting go of past wrongs so that we don't become prisoners of the past. Programs at San Quentin like TRUST and IMPACT help us identify who we were in the past so that the past can be purged. Often we are our own worst enemy, and the dialogue we have with ourselves helps us to create a new beginning.

# Poetry

***BETTER TO LIGHT CANDLES***
**By Merle Shain**

*It is better to light a candle*
*Than to curse the darkness.*
*It is better to plant seeds*
*Than to accuse the earth*
*The world needs all of our power*
*And love and energy,*
*And each of us has something that we can give*
*The trick is to find it and use it.*
*To find it give it away*
*So there will always be more.*
*We can be lights for each other.*
*And through each other's illumination*
*We will see the way.*

***THE UNSUBDUED***
**By S.E. Kiser**

*I have hoped, I have planned, I have striven,*
*To the wall I have added the deed;*
*The best that was in me I've given,*
*I have prayed, but the gods would not heed.*
*I have dared and reached only disaster,*
*I have battled and broken my lance,*
*I am bruised by a pitiless master*
*That the weak and the timid call chance*
*I am old, I am bent, I am cheated*
*Of all that Youth urged me to win;*
*But name me not with the defeated,*
*For tomorrow – again begin.*

***SO, DADDY WON'T BEG THEM ANYMORE***
**By Watani Stiner**

*There is no compassion*
*In parole board rooms*
*Where justice should prevail.*
*I have pleaded long enough.*
*So, Daddy won't beg them anymore.*
*One-and-a-half decade separated from you,*
*Time has surely taken its toll.*
*They stole the years, kidnapped the dreams*
*I negotiated for you.*
*So, Daddy won't beg them anymore*
*I wanted to curse them when I heard,*
*Parole Denied!*
*But only a whisper found its way:*
*What about my children?*
*So, Daddy won't beg them anymore.*
*I will not seek their sympathy ever again - -*
*Sons and Daughters cast aside.*
*They have taken everything meaningful*
*Far away from me.*
*But I shall not surrender my dignity.*
*So, Daddy won't beg them anymore!*

# Sports Trivia

**By DARRELL C. HARTLEY**
**Staff Writer**

(1). What were the former names of Candlestick Park?

Answer: 3COM and Monster Park.

(2). What NFL town is called the Emerald City?

Answer: Seattle.

(3). Where did Los Angeles Lakers star Ron Artest begin his career?

Answer: The Indiana Pacers.

(4). The Miami Hurricanes have fourth and one, how much do they need for a first down?

Answer: Three feet.

(5). What was the former name of World Wrestling Entertainment?

Answer: World Wrestling Federation.

# State Offers Its Response To 3-Judge Panel Demands

***Continued from Page 1***

Legislature's earlier rejection of important reform elements in his reduction plan.

Although it met the federal panel's deadline for a response, the state maintains that the court has exceeded its authority in ordering the reduction plan, and has filed a notice of intention to appeal the court's order with the U.S. Supreme Court.

A longtime critic and skeptic of the state's intentions, inmate's attorney Donald Specter of the nonprofit Prison Law Office, applauded the state's plan. At first glance, it appears the plan is "a reasonable and thoughtful way of approaching the legal issue," said Specter.

Reactions from California lawmakers were predictably mixed, with state Sen. Mark Leno, Chairman of the Senate Public Safety Committee criticizing the state's desire to add more beds. "I think that doesn't deal with the problem," Leno said. "The overcrowding is a symptom. Building new beds doesn't address the problem that caused the symptom." Leno proposed a major overhaul of the state's sentencing guidelines, something that is not a part of the state's plan but has been suggested by the three-judge panel.

In contrast, Assemblyman Jim Nielsen, R-Gerber, said that the state needs to build more prisons.

There is no timetable for an expected response to the state's plan from the three judges.

# Snippets

Very little substance to a jellyfish. They are composed of 95% water.

And introducing In the summer of 1967, Jimi Hendrix played seven dates as the warm-up band for the Monkees.

Now that's a lotta fish! A Giant Mekong Catfish caught on May 1, 2005, it weighed in at a whopping 646 pounds!!!!

Ice is a mineral.

Super Glue was invented strictly by accident in 1942 by Dr. Harry Coover who was trying to make optical coating materials.

Here's a thought worth pondering for a moment! Men who kiss their wives goodbye in the morning tend to earn higher salaries than those who do not.

Inventor Thomas Edison held over 1,500 patents, including those for the phonograph, lightbulb, radio and a tattoo gun.

No owls in Antarctica. No sir! It's the only continent on our planet that has none.

Greenland is the world's largest island. At 840,000 square miles, it is three times the size of Texas.

Receding hairline is the reason Sean Connery wore a toupee during the filming of the James Bond movies

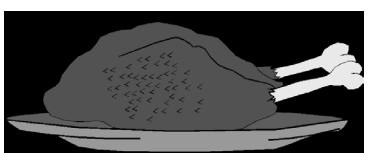
# CORRECTION

The San Quentin News would like to correct mistakes in the article "Going Green" in the August/September/October issue.

The quotation attributed to Green Life Peer Educator Kevin Tindall was incorrectly reported. The correct quotation: "I destroyed my community and after one destroys you want to rebuild your community. I want to give back to the youth. I didn't have anyone to support me like that in that manner when I was young. So now I want to give of myself, to let people know that I am more than what I was in the past, by helping others."

Also, Kevin Tindall and Troy Williams were not correctly recognized as Green Life Peer Educators and Erin O'Conner, a newcomer to the facilitation team, did not appear in the group photo.

The San Quentin News regrets the errors.



Last Month's Sudoku Solution

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| 9 | 4 | 2 | 1 | 6 | 3 | 8 | 5 | 7 |
| 6 | 8 | 3 | 2 | 5 | 4 | 9 | 7 | 1 |
| 2 | 5 | 4 | 7 | 9 | 1 | 3 | 6 | 8 |
| 1 | 7 | 9 | 8 | 3 | 6 | 5 | 4 | 2 |
| 8 | 9 | 1 | 6 | 4 | 7 | 2 | 3 | 5 |
| 4 | 3 | 5 | 9 | 2 | 8 | 7 | 1 | 6 |
| 7 | 2 | 6 | 3 | 1 | 5 | 4 | 8 | 9 |

# *S.Q. Variety Book Club Book Review*

**By RANDY MALUENDA**

***HARRY POTTER & THE HALF BLOOD PRINCE (By J. K. Rowling) -- sixth installment in the continuing saga of the boy wizard.***

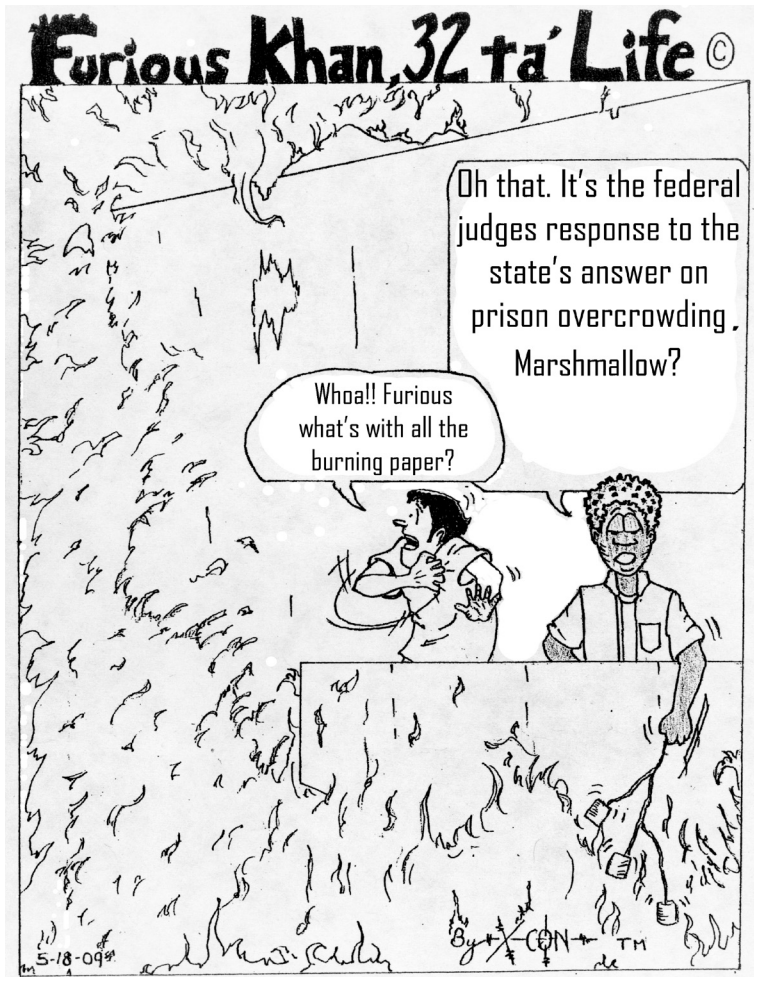
***THE LAST LECTURE (By Randy Pausch) -- Life lessons from cancer patient Pausch in the face of impending death.***

***GANGS OF NEW YORK (by Herbert Asbury) -- Operations of immigrant gangs during pre-Civil War New York.***

***ELDEST & ERAGON (by Christopher Paolini) -- Sword & sorcery tales.***

***CENSORED 2008 & 2009 -- Newsworthy items not widely covered by major media.***

***RATINGS:***
***Top responses are four ribbons progressing downward to one:***
***Responses which are two ribbons or less are not recommended reading:***


Furious Khan, 32 ta' Life ©
Oh that. It's the federal judges response to the state's answer on prison overcrowding, Marshmallow?
Whoa!! Furious what's with all the burning paper?
5-18-09
By X-CON TM

# Sudoku

**By ANTHONY LYONS**

| | | | | | | | | |
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| | | 3 | | 1 | | 8 | 9 | |
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| | 6 | | | | | | 4 | |
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# Insight Garden Program: Going Green!

**By Jonathon Harrington**
**Contributing Writer**

**(Part 3 in a three-part series)**

Concern for the environment and the current state of our economy are two major issues of the day. And a commitment to a good job can also include a commitment to the planet.

Right now, there's a great opportunity to strengthen America's economy with "green" jobs and simultaneously help Americans living in poverty become part of a revived middle class. According to Van Jones, President Obama's former Green Jobs Czar (who recently visited San Quentin), we have to provide training that will turn 20th century blue-collar jobs into 21st century "green collar" jobs. "Green" jobs tend to be local, which in turn will help strengthen urban and rural communities and provide "pathways out of poverty."

You may wonder how "going green" is incorporated into the Insight Garden Program's (IGP) curriculum. By working in an organic flower garden, the men of IGP have become ecologically literate. They develop an awareness of their connection to, and impact upon, the world around them. They also learn about the interconnections of human and ecological systems and how the principles of the natural world, such as diversity and cooperation, transfer to all levels of human systems. Because experience working in the natural world cultivates consciousness, people can learn to respond rather than to react.

This knowledge translates into real life skills. Not only do IGP's participants gain hands-on training in the H-Unit organic flower garden, IGP has also begun reentry training and collaborations with a variety of organizations both inside and outside the prison walls, including the *Green Life Program* at San Quentin (formerly Keepin' It Real), as well as the *California Reentry Program*. In addition, we are working with outside service providers, such as the *Contra Costa Reentry Initiative* to help establish effective post-release systems that include green collar jobs.

IGP is committed to setting up a post-release program and continuum of care to help men find gardening, landscaping and green jobs when they leave prison. With the help of IGP's dedicated staff and volunteers, we work together to learn the skills we need to become productive members of society *AND* responsible stewards of the environment.

## Prison News Briefs

**1) SACRAMENTO –** The California Department of Corrections and Rehabilitation has ended contracts with three private prisons in the state. The CDCR cited a drop in the number of minimum security inmates as a reason for the move, which is expected to save the state about $15 million a year.

**1) SACRAMENTO** – Gov. Schwarzenegger announced plans to immediately ship an additional 2,300 inmates to private prisons out-of-state as a means of reducing overcrowding in California's prisons. No word on what this plan will cost the state.

**2) OKLAHOMA CITY –** Prosecutors are investigating claims that both the former chief groundskeeper and the head chef at the governor's mansion raped three female inmates assigned to work on the mansion's grounds. No charges have yet been filed against either man, though both were fired Sept. 29 for violating policies.

**3) CORCORAN –** An attorney for the assassin of Senator Robert F. Kennedy has protested the transfer of Sirhan Sirhan from the high security prison where he has been housed to a lower security prison at Pleasant Valley in Coalinga (Fresno County). Attorney William Pepper says the move could endanger the life of his client.

# Back in the Day

Selected Stories From Back Issues of the San Quentin News

**May 23, 1980 – Three cons were assaulted** and stabbed in what prison authorities are calling a racially motivated attack. One suspect was nabbed, and three prison-made knives were confiscated at the scene of the incident. The prison was placed on lockdown.

**July 4, 1980 –** A prisoner who escaped from a minimum security area of San Quentin Prison was recaptured in Lovelock, Nevada. Donald Frank Bonita, 44, walked away from his job in the prison hobby shop June 21. The hobby shop is located just outside the main gate.

**Sept. 5, 1980 –** Ten shots were fired to break up a fight between seven cons on the C Section yard. Seven prisoners were treated at the prison hospital for birdshot wounds. The incident was considered nonracial.

**November 14, 1980 –** The San Quentin Pirates took an undefeated record into their football game with the also undefeated team from Alameda Naval Air Station, only to lose 28-4.

**August 14, 1981 –** A San Quentin Correctional Officer was arrested on suspicion of bringing drugs into the prison when a vial of what appeared to be cocaine was found in his car. John Taylor, 32, of Vallejo, had been employed at the prison for 11 months.

**November 13, 1981 –** Joan Baez**,** Norton Buffalo, Nightfood and High Noon appeared at the annual Bike Show held Nov. 8 on the lower yard. Approximately 30 bikes were on view for the show. Another 25 bikes and a parts truck were turned away at the main gate for various reasons. (Update Oct. 2009: Norton Buffalo, long-time harmonica player for the Steve Miller Band, passed away after a battle with cancer.)

# Letters

## It Was An Epic Day

To the Editor:

I want to express my appreciation in thanks to the Men in Blue responsible for the Avon Walk in San Quentin. The perseverance necessary to make it happen was epic. I have only a small understanding of the hurdles thrown at you and cannot truly imagine how difficult it was at times.

Thank you for your resilience and determination, for keeping on track and for reaching your ultimate goal. You are all a fine testimony to the fact that much can be accomplished in life despite significant obstacles.

I am proud to have walked with men with bad hips, new hips, bad knees and men with canes. Men who never exercise and men with whom I could barely keep up with! I saw what a group effort can do where an individual can only dream.

The experience was profound and deeply moving and one that will stay with me always.

I urge you to keep this indomitable spirit alive and to stay on this path of strength, hope and faith. I am honored to have been a part of it and I thank you.

With deep respect,

Helen

## What Programs Mean

To the Editor:

I am serving a life sentence without the possibility of parole in Pelican Bay. This means I will spend my whole term on a Level IV yard. I have been here since 2006. Since then we have lost almost all our programs on B Yard, and we have been on a segregated, modified lockdown since February of this year.

Violence has plagued this yard since 2008. We have no education classes, no chapel, no Arts in Corrections anymore, and they are firing teachers. Northerners and Blacks come out on odd days. Southerners, Whites and Others come out on even days. No one can get contact visiting on B Yard.

I only have an F number, but I really hope we will have some changes that come soon. If we had more programs and activities maybe the violence would decrease. Sitting idle in a cell for hours b reeds anger and violence. Segregating us by race and gang affiliation is just increasing the tension. Things seem hopeless up here.

I spent 10 months in San Quentin in Reception. Walking around that prison from time to time while I was there I could see how much a prison like that has to offer. When I left I knew I would never see a place like that again. I wish all prisons could offer rehabilitation like San Quentin. Also, being from San Francisco it was nice to be close to home.

I hope change comes soon. Things are not looking bright on these Level IV yards.

Philip L. Sands
#F 11335
Pelican Bay State Prison


## San Quentin News

Current and past copies of the San Quentin News are posted online at:

**http://www.cdcr.ca.gov/Visitors/San_Quentin_News/SQ-San_Quentin_News.html**

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**Administrative Review**

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## We Want To Hear From You!

The San Quentin News welcomes and encourages inmates, free staff, custody staff, volunteers and people and entities outside of the institution to submit articles for this publication.

Please use the following criteria when submitting:

• Please limit your submitted articles to no more than 350 words.

• Articles may be edited for content and length.

• The newspaper is not a medium to file grievances, use the prison appeals process. However, we do encourage submitting stories and/or articles which are newsworthy and encompass issues that will have an impact on the prison populace.

• Please do not use offensive language in your submissions.

Art work is welcomed (i.e. Poems, songs, cartoons, drawings).

• Letters to the editor should be short and to the point.

Send Submissions to:
Education Dept. / SQ News
San Quentin, CA 94964
(No Street address required)


**Also contributions by the**

Journalism Guild of SAN QUENTIN

**and printed by the**

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